

# WAKE FOREST UNIVERSITY CLUB COOK BOOK





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# WAKE FOREST UNIVERSITY CLUB COOK BOOK



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## FOREWORD

Twenty-five years ago the Wake forest University Club was organized by a group of faculty wives. It was stated in the original minutes of that first meeting that "the object of this Club shall be to promote social life on the campus among faculty and students." Throughout the years the Club has sponsored many functions to help achieve this purpose. Since no social gathering is complete without food, it seems appropriate to commemorate the 25th anniversary with a cookbook, filled with recipes that reflect the social life style of members of the Wake Forest University Community.

Generally, these recipes have been grouped into categories which reflect the special social functions in which we are engaged from time to time. However, recipes for day to day cooking or for a tight budget calling for economizing are well represented.

It is our hope that this book will inspire you to have that coffee you have been putting off or will provide you with a recipe that you can whip up in 10 minutes for dinner. Thank you to all the contributors who have generously shared their recipes so that we may all enjoy them.

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# COME TO COFFEE



EDITOR:

*Barbara Hills*

"Can you come to coffee?" is a familiar refrain as Wake Forest wives welcome newcomers, neighbors, old friends, and new acquaintances. Casual and informal, frequently with preschool children accompanying their mothers, there seems to be a special warmth and friendliness in this mode of entertaining. Although a quick trip to the bakery precedes some of these gatherings, in many homes the aroma of freshly baked coffee cake and hot, brewed coffee extends a special greeting to the guests.



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## COME FOR COFFEE

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## DAISY COFFEE CAKE

2 pkg. dry yeast	2 eggs
$\frac{1}{4}$ c. very warm water	2 T. melted butter
1 c. milk	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ c. shortening	Powdered sugar icing
2 tsp. salt	(optional)
5 c. sifted flour	

Soften yeast in water. Scald milk. Combine  $\frac{1}{2}$  c. sugar, shortening, and salt in large bowl. Add hot milk, stirring until sugar dissolves and shortening is melted. Cool to lukewarm. Stir in about  $1\frac{1}{2}$  c. flour and beat well. Beat in softened yeast and eggs. Stir in enough additional flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth (5 to 8 min.) Shape into ball and place in lightly greased bowl. Cover and let rise until doubled, about  $1\frac{1}{2}$  hrs. Punch down. Divide dough in half. Wait 10 min., then roll each half of dough to a 12 in. square about  $\frac{1}{4}$  in. thick. Brush half of square with melted butter. Combine  $\frac{1}{4}$  c. sugar and cinnamon. Sprinkle 4 tsp. of this mixture over buttered half of dough. Fold unbuttered half over buttered half, sealing edges. Brush half of dough with butter and sprinkle with 2 tsp. cinnamon sugar. Fold in half again, sealing edges. Roll out to 12 in. circle. Place on greased baking sheet. With scissors or sharp knife cut into 16 wedges, cutting to 1 in. of center. Twist each wedge three times in same direction. Let rise until doubled, about 45 min. Bake  $350^{\circ}$  for 20 to 25 min. Brush with powdered sugar icing if desired. Make icing by adding soft butter and a little milk to powdered sugar to make a thin mixture. Makes 2 coffee cakes.

Louise Lee



## DATE-ALMOND COFFEE CAKE

1 pkg. yeast	1 tsp. salt
$\frac{1}{4}$ c. warm water	2 $\frac{3}{4}$ to 3 c. flour
$\frac{1}{2}$ c. milk	1 egg
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. chopped almond
4 T. melted butter	$\frac{3}{4}$ c. chopped dates

Sprinkle yeast on warm water. Scald milk and pour into large mixing bowl. Blend  $\frac{1}{4}$  c. of the sugar, salt, and 2 T. of the melted butter into milk. Cool until just warm. Stir in 1 c. of the flour and mix in dissolved yeast. Add egg, heating hard. Stir in  $1\frac{1}{2}$  c. of the flour.

Sprinkle 2 T. of remaining flour on bread board. Turn dough out on flour and knead 5 min., adding more flour as needed to make a soft dough.

Place dough in lightly greased bowl and let rise until doubled in bulk. Punch down and turn out on lightly floured board. Press dough into oval shape a scant  $\frac{1}{2}$  in. thick.

Spread half of dough with remaining 2 T. melted butter, almonds, sugar and chopped dates. Fold unspread half over, bringing edges together. Place on greased cookie sheet. Curve ends slightly to form crescent shape. Let rise until doubled. Bake in 350° oven for 30 to 35 min. Cool.

Frost with icing made with  $\frac{3}{4}$  c. confectioners' sugar and 1 T. cream. May decorate with maraschino cherries and almonds.

Shirley Amen

## EASY DANISH CRESCENT COFFEE CAKE

1 pkg. active dry yeast  
 $\frac{1}{4}$  c. warm water  
 2 c. sifted all purpose flour  
 1 T. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  c. chilled butter or margarine  
 $\frac{1}{4}$  c. milk, scalded

1 slightly beaten egg yolk  
 $\frac{1}{2}$  c. chopped or sliced almonds or pecans

Meringue Filling: 1 egg white, stiff-beaten  
 $\frac{1}{2}$  c. sugar  
 1 tsp. cinnamon

Soften yeast in water. Sift together dry ingredients; cut in butter till some of the mixture is like corn meal and some the size of peas. Mix cooled milk and egg yolk; add with the yeast to flour mixture. Stir to make a soft dough. Cover. Chill a few hours or overnight. Divide dough in half. (Keep half chilled.) On floured surface roll one piece in 12 x 9 rectangle (about  $\frac{1}{8}$  in. thick). Reserve 2 T. Meringue Filling for glaze. Divide remainder in half. Spread dough with half of the remaining meringue and sprinkle with  $\frac{1}{4}$  c. of nuts. Seal edges and ends after rolling jelly roll fashion. Place roll, seam down, on cooky sheet. Shape in crescent. Repeat with remaining dough. Cover; let rise in warm place till almost double (approx. 1 hr.) Just before baking brush with remaining meringue. If desired sprinkle additional nuts on top of meringue. Bake at  $375^{\circ}$  for 20 min. or until done. Serve warm. Makes 2 coffee cakes.

Meringue Filling

Fold  $\frac{1}{2}$  c. sugar and 1 tsp. cinnamon into 1 stiff-beaten egg white.

Barbara Hills



## FROSTED PECAN FRUIT ROLL

1 c. milk  
4½ c. sifted flour  
3 T. sugar  
1 tsp. salt  
1 c. shortening  
1 pkg. dry yeast  
½ c. very warm water  
3 egg yolks, beaten  
1 c. golden raisins  
1 c. chopped pecans  
1 c. chopped dates

1 c. brown sugar  
1 tsp. ground cinnamon  
1 c. cherry preserves  
3 egg whites

Frosting: ¼ c. margarine or butter  
2 c. powdered sugar  
1 tsp. vanilla  
1/3 c. milk  
Chopped nuts

Scald milk. Cool to lukewarm. Sift flour, sugar, and salt together into large bowl. Cut in shortening, using pastry blender or two knives. Sprinkle yeast into water. Stir until dissolved. Add lukewarm milk and egg yolks. Blend into flour and shortening mixture, beating well. Add a little more flour if needed to make a very soft, sticky dough. Brush dough lightly with soft shortening. Cover bowl tightly and refrigerate overnight.

Turn out on lightly floured board. Knead dough lightly until smooth enough to roll. Divide into four equal pieces. Roll out each into very thin rectangle 18 x 11 in. Combine raisins, pecans, dates, brown sugar, cinnamon, and fruit preserves. Beat egg whites until stiff but not dry. Spread each rectangle with ¼ of the egg whites; then sprinkle with ¼ of the fruit mixture. Roll up as for jellyroll, 11 in. long. Pinch seam together. Place rolls seam side down on greased cookie sheet. Let rise 45 min. in warm place. Bake at 400° for 30 to 35 min. Cool. Makes 30 slices.

Frosting

Blend margarine or butter with powdered sugar, vanilla, and milk to make spreading consistency. Sprinkle with chopped nuts. Serve warm or cold.

## MORAVIAN SUGAR CAKE

2 or 3 potatoes	$\frac{1}{2}$ c. butter
1 pkg. yeast	2 eggs, slightly beaten
$\frac{2}{3}$ c. warm potato water	6-7 c. sifted flour
1 c. milk, scalded	1 lb. light brown sugar
$\frac{1}{2}$ c. sugar	$\frac{3}{4}$ lb. butter
$1\frac{1}{2}$ tsp. salt	cinnamon

Peel and cook enough potatoes to make 1 c. mashed potatoes. Soak yeast in warm potato water. To scalded milk add sugar, salt, and butter, stirring until sugar is dissolved. Cool until lukewarm. Add the mashed potatoes, yeast, and eggs, and beat until smooth. Add flour (6 c.) and knead 10 min., using more flour to control stickiness. Place in a greased bowl, cover with damp cloth, and let rise until doubled in bulk. Roll into 3 cakes (11 x 15) and put each on a greased cookie sheet. Let rise to  $\frac{3}{4}$  in. thickness. Punch dough with thumb to make holes  $\frac{1}{2}$  in. apart. Place  $\frac{1}{4}$  in. cube of butter in each hole. Sprinkle with brown sugar and cinnamon. Bake at 325° for 20 to 25 min.

Shirley Amen

## GERMAN BUTTER COFFEE CAKE VARIATION

Make Moravian Sugar Cake according to directions but substitute granulated sugar for the brown sugar, and omit the cinnamon. Delicious in its simplicity, this coffee cake was served for breakfast on the special days in the lives of my family. A full sheet cake of Butter Coffee Cake was often Dad's special contribution to the festivities.

Barbara Hills

## BASIC REFRIGERATOR SWEET DOUGH

3/4 c. milk	1/2 c. warm water
1/2 c. sugar	2 pkg. dry yeast
2 tsp. salt	1 egg
1/2 c. margarine	4 c. unsifted flour

Scald milk; stir in sugar, salt and margarine; cool to lukewarm. Measure warm water into large bowl. Sprinkle in yeast and stir until dissolved. Stir in milk mixture, egg and half the flour. Beat until smooth. Stir in remaining flour to make a stiff batter. Cover tightly and refrigerate at least 2 hours. (Dough may be kept in refrigerator for 3 days.) To use, cut off amount needed and shape as desired.

Barbara Hills

## VARIATIONS USING BASIC REFRIGERATOR DOUGH

Grandmother's Old-Fashioned Coffee CakeFilling

3/4 c. almond paste	egg white or water to
1 1/2 c. sugar	soften for easy
2 tsp. cinnamon	spreading

Blend ingredients well.

Divide basic sweet dough in half. Roll each half into a 9 x 12 rectangle. Spread half of the almond filling on each rectangle. Roll up jelly roll fashion. Seal edges firmly. Place, sealed edges down, in greased bread pan. Cover; let rise in warm place until double, about 1 hr. Bake at 350° about 40 min. Frost with confectioners' sugar frosting while warm. Makes 2 loaves.



### Pecan Sticky Buns

1 recipe basic dough	2½ c. brown sugar
1 c. margarine	1½ c. chopped pecans

Prepare dough. Before time to shape rolls, melt margarine. Stir in 1½ c. brown sugar and 1 c. chopped pecans. Spoon into greased muffin pans or if preferred into 13 x 9 in. cake pan. Combine remaining 1 c. brown sugar and ½ c. chopped pecans.

Divide dough in half. Roll out each half to a 12 in. square. Sprinkle each half with the brown sugar-pecan mixture. Roll up lengthwise as for a jelly roll. Cut into 1 in. slices and place in prepared pans. Cover; let rise in warm place until doubled in bulk, about 1 hr. Bake at 350° about 25 min. Makes 2 doz.

### Old-Fashioned Cinnamon Rolls

Divide one recipe basic dough in half. Roll each half to a 12 in. square. Brush with melted margarine. Combine ¾ c. sugar, 1 tsp. cinnamon, and 1/3 c. raisins. Sprinkle half of mixture over each rectangle. Roll up as jelly roll. Cut into 1 in. slices and place in greased 13 x 9 in. cake pan. Let rise until double, approx. 1 hr. Bake at 350° about 25 min. Makes 2 doz.

Barbara Hills

### SHAPED BATTER ROLLS

¾ c. milk	2 pkg. yeast, dry or compressed
¼ c. sugar	1 egg
1 tsp. salt	3½ c. unsifted flour
¼ c. butter or margarine	(about)
½ c. very warm water	

Scald the milk; stir in the sugar, salt, and butter or margarine; cool to lukewarm. Measure the very warm water into a large bowl. Sprinkle or crumble in the yeast; stir until dissolved. Add the lukewarm milk mixture, the egg, and 2 c. unsifted flour; beat until smooth. Stir in the remaining flour to make a soft dough. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 30 min.

Punch down. Turn out onto a lightly floured board and shape into rolls of various shapes. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 30 min. Bake in a hot oven (400°) for 15 min. Makes 24 rolls.

Excellent for making Orange Rolls

Shirley Amen

#### ORANGE ROLLS

Plain roll dough (based	3/4 c. sugar
on recipe using 3 to	Grated rind of 2 oranges
3½ c. flour)	1 c. confectioners' sugar
Melted butter or margarine	¼ c. orange juice

Roll dough out on lightly floured surface to a rectangle about ¼ in. thick. Spread with melted butter. Combine the 3/4 c. sugar and orange rind and sprinkle over dough. Roll up as for jelly roll. Cut into 1 in. slices. Place cut-side down in greased small muffin pans. Cover and let rise until doubled in bulk, 30 to 45 min. Bake at 350° for 20 to 25 min.

Mix confectioners' sugar and orange juice. Pour over hot rolls. Yield: 16 rolls

Shirley Amen

## OLD-TIME STOLLEN

3½ c. milk	2 oz. brandy
2 pkg. yeast	1 lb. raisins, chopped
½ c. warm water	1 lb. citron, chopped
10 c. flour (about)	1 lb. pecan nuts, chopped
1 tsp. salt	½ lb. candied cherries chopped
2½ c. butter, melted and cooled	½ lb. dates, chopped
1½ c. sugar	½ c. confectioners' sugar
2 tsp. grated lemon rind	
5 egg yolks	

Scald milk and cool to lukewarm. Dissolve yeast in water; add to milk. Add 6 c. of the flour, sifted with salt, to make a soft batter. Let rise until doubled in bulk. Add 1½ c. of the butter, sugar, lemon rind, egg yolks, and brandy, mixing thoroughly. Add remaining 4 c. flour. Now knead in fruits and nuts. Dough will be sticky, but don't add any more flour. Since too soft to shape, spoon into 5 greased bread loaf pans. Let rise until doubled. Bake at 325° for 1 hr.

When bread is out of oven, spoon over remaining 1 c. melted butter, letting it sink into the loaves. Sprinkle with confectioners' sugar.

This bread needs 2 to 3 days in cool storage to mellow.

Shirley Amen



## JULE KAGA

3/4 c. milk	1 tsp. ground cardamon
1/2 c. sugar	1/2 c. raisins
1 tsp. salt	1/4 c. chopped citron
1/2 c. margarine	1/4 c. chopped candied cherries
1/2 c. warm water	1/4 c. chopped almonds
2 pkg. dry yeast	
4 c. unsifted flour	

Scald milk; stir in sugar, salt, and margarine. Cool to lukewarm. Measure warm water into large bowl. Sprinkle in yeast and stir until dissolved. Add lukewarm mixture, 2 c. flour and cardamon. Beat until smooth. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board. Knead until smooth and elastic, about 10 min. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hr.

Punch down. Turn out onto lightly floured board. Knead in raisins, citron, candied cherries and almonds until well distributed. Form into round ball; place on large greased baking sheet. Cover; let rise until doubled in bulk, about 1 hr. Bake in moderate oven (375°) about 40 min. Cool on wire rack. Frost with confectioners' sugar icing and decorate with almonds and candied fruit. Makes 1 large loaf. (I frequently divide the dough and make two smaller loaves -- bake approx. 30 min.)

We give loaves of this Christmas bread to some of our friends at Christmastime.

Barbara Hills

## APPLE NUT COFFEE CAKE

$\frac{1}{2}$ c. shortening	1 tsp. baking powder
1 c. granulated sugar	1 tsp. baking soda
2 eggs	$\frac{1}{2}$ tsp. salt
1 tsp. vanilla	2 c. sour cream
2 c. all-purpose flour (sifted)	2 c. finely chopped apple

In mixing bowl, cream together shortening and sugar. Add eggs and vanilla; beat well. Sift together dry ingredients; add to creamed mixture alternately with sour cream. Fold in apple. Spread batter in greased 13 x 9 x 2 in. baking pan.

Topping: Combine  $\frac{1}{2}$  c. chopped nuts,  $\frac{1}{2}$  c. brown sugar, 1 tsp. ground cinnamon with 2 T. melted butter. Sprinkle over batter.

Bake at 350° for 35 to 40 min.

Mary Jane Keith

## BLUEBERRY COFFEE CAKE

$\frac{3}{4}$ c. sugar	2 tsp. baking powder
1 egg	2 c. blueberries
2 c. flour	
$\frac{1}{2}$ tsp. salt	<u>Topping:</u> $\frac{1}{2}$ c. sugar
$\frac{1}{4}$ c. soft shortening (Crisco)	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ c. milk	$\frac{1}{3}$ c. sifted flour
	$\frac{1}{4}$ c. soft butter

Combine sugar, shortening, egg and milk. Stir. Sift and mix together flour, baking powder, and salt. Add to first combination. Fold in blueberries. Put in square pan; sprinkle with topping.

Topping: Mix together sugar, cinnamon, flour and butter until crumbly.

Bake at 325° about 45 min. Serves 9. Best served hot. It keeps well and may be reheated just before serving.

Nina DeRamus

### CARROT NUT COFFEE CAKE

1 3/4 c. unsifted regular flour	1/2 c. corn oil
2 1/2 tsp. baking powder	2 eggs
1/2 tsp. salt	1 c. carrots, grated medium fine
1 tsp. cinnamon	1/2 c. nuts, chopped
3/4 c. sugar	

Mix together flour, baking powder, salt and cinnamon. In separate, medium sized bowl, beat together sugar and corn oil; add eggs one at a time. Stir in the flour mixture in four additions, alternating with carrots. Mix until batter is smooth. Stir in nuts. Turn into greased 8 x 8 x 2 pan. Bake in preheated 350° oven for approx. 40 min.

Mary Jane Keith

### CHERRY MUFFINS

1/4 lb. butter	1 c. brown sugar
2 c. flour	1/2 tsp. baking powder
4 eggs, separated	8 oz. marischino cherries, halved
1 c. chopped nuts	
1 c. sugar, granulated	

Mix butter, sugar, brown sugar, well-beaten egg yolks, flour, baking powder, and 4 T. cherry juice. Beat egg whites until slightly stiff. Blend well. Add cherries and nuts. Bake in miniature cupcake tins for 10 min. at 400°. Roll in powdered sugar

Sue Hendricks



## SOUR CREAM COFFEE CAKE

$\frac{1}{2}$ lb. butter	1 c. sour cream
1 c. sugar	
2 lg. or 3 sm. eggs	<u>Filling:</u> $\frac{1}{2}$ c. chopped
1 tsp. vanilla	nuts
2 c. flour	$\frac{1}{2}$ c. sugar
1 tsp. baking soda	1 tsp. cinnamon
$1\frac{1}{2}$ tsp. baking powder	

Cream butter, add sugar, eggs, and vanilla. Mix dry ingredients together and add to egg mixture alternately with sour cream.

Pour half the batter in a well-buttered tube pan, sprinkle over it half of filling. Place remaining dough over filling; then sprinkle top with rest of filling. Bake in  $375^{\circ}$  oven 35 min.

Phyllis Johnston

BANANA TEA BREAD  
(English)

8 oz. self-raising flour	4 oz. glace cherries
$\frac{1}{2}$ level tsp. salt	1 oz. walnuts, coarsely
4 oz. butter	chopped
6 oz. castor sugar (i.e. fine sugar)	2 eggs
4 oz. sultanas or raisins	1 lb. bananas, mashed
	(can be overripe)

Sift flour and salt into large mixing bowl. Add butter (cut into pieces), and cut into the dry ingredients until the mixture is crumbly and the fat evenly distributed. Add sugar, sultanas or raisins, and the cherries (rinse under water to remove sugar coating and dry). Add eggs and mashed bananas. Beat thoroughly. Pour mixture into a large, buttered loaf tin lined with waxed paper to cover base and opposite ends of tin. Cook at  $355^{\circ}$  for  $1\frac{1}{2}$  hrs.

Jenny McConnachie

## RAISIN SCONES

2 1/3 c. flour	1/2 c. raisins
2 1/2 tsp. baking powder	5 T. milk
1/2 tsp. salt	2 eggs (less 1 T. of
2 tsp. sugar	egg white)
6 T. margarine	

Preheat oven to 425°. Sift first 4 ingredients together. Cut in margarine. Blend in raisins and milk. Beat eggs together, reserving 1 T. white. Stir into flour mixture. Roll out 1/2 of dough into circle 1/2 in. thick. Cut into pie-shaped wedges. Brush each wedge with egg white and sprinkle with sugar. Repeat with other half of dough. Bake on lightly greased cookie sheet for 10 to 15 min. or until golden brown. Serve hot or cold with butter, jam or marmalade for tea or breakfast. Serves 4 to 6.

Peggy Shoemaker

## HURRY-UP CHEESE FILLED PASTRY

1 pkg. refrigerator crescent rolls	2 T. sugar
1 8 oz. pkg. cream cheese	<u>Glaze:</u> 1/2 C. confec-
1 1/2 T. lemon juice	tioners' sugar
	1 T. milk

Cream the sugar, lemon juice and cheese. Do not separate rolls into triangles, but cut into 8 squares. Press perforations to seal each square. Spread cream cheese mix diagonally across each square. Fold the other 2 corners over the filling. Bake on ungreased cookie sheet at 375° for 8 to 12 min. Drizzle glaze over warm pastries.

Easy to make and one can keep ingredients on hand for "spur-of-the-moment" get togethers.

Susan Drexler

## HIGH SIERRA SCOTCH SHORTBREAD

1½ c. flour  
½ tsp. salt  
½ c. sugar

2/3 c. butter, room  
temperature (1 stick  
plus 2 T.)

Sift flour, measure, add salt and sift again. Cream butter, gradually adding sugar, and continue to beat with mixer until light. Combine dry ingredients with creamed mixture, using mixer to do so. Pat out into 8 in. or 9 in. square pan (ungreased). Using back of dinner fork, pack mixture somewhat firmly into pan, smoothing and leveling as you go. (Surface will remain somewhat roughened by fork tracks, giving interesting texture to baked shortbread. Bake 325° for 25 to 30 min. It will not brown but will remain almost white, or barely golden. The shorter baking time yields a dense texture; the longer baking time produces a slightly crisper product. Immediately upon removal from the oven, score the surface with cutting lines for 16 to 36 pieces according to size desired. Cool completely before cutting through the scored lines.

Shortbread is extremely rich but plain. It deserves a good cup of hot coffee. It will keep well in covered tins; it also freezes well. This recipe was a gift to me from a true Scots-woman who regularly made pounds of it, packed in tight tins, to be carried into the High Sierras for month-long fishing expeditions. The age of the shortbread only seemed to improve it.

Caroline McDonald



## OLIEBOLLEN

1 lb. wheat flour, self- rising	Lemon or vanilla extract
2 c. milk	3 apples
5 oz. currants and/or raisins	Some salt
Some candied fruits	Vegetable oil, 24 fl. oz. or more

Add some milk to the flour, stir and add all the milk. Mix it with an electric hand mixer. Add the currants and/or raisins, candied fruits, apple dice, a little lemon juice and/or shredded lemon peel or vanilla extract and some salt. In the meantime heat the oil in a rather heavy deep pan. Have two round tablespoons and take a spoonful of the dough, sliding it with the other spoon into the heated oil. Try not to make tails on the ball but make it as round as possible. First the doughball will go to the bottom, after a while it goes up to the surface. Let down some more doughballs into the oil, so many that they don't touch each other, maybe four or more, depending from the size of your pan.

Turn the first one around with a fork and see if it turns light brown. Then fry the other side. After about five minutes, check with a fork when the balls are done by pricking into them. The fork should stay dry. Take out the balls in the order you put them in. Use a skimmer or slotted spoon. Let the balls "dry" on absorbent paper towel and cover them with powdered white sugar (confectioners' sugar). Eat them while they are hot.

Alternates:Applebeignets

Instead of raisins, apple slices with a hole in the middle may be used. Turn the slice around in the

dough so it is all covered and bring it over into the oil. Herefore milk may be substituted by ginger ale.

### Plain Oliebollen

Only flour, milk, salt, lemon or vanilla. Instead of self-rising flour, flour and yeast can be used.

It may be a good idea first to make some plain for the children, then some applebeignets for the men, then add the raisins and make the raisin balls for the ladies.

Oliebollen are eaten in the Netherlands at New Years Eve with hot red wine punch, playing "goose game". They are also for sale at fairs like the candied apples here. Sitting in a booth in a tent on the fair you also can order "poffertjes" made as follows.

### Poffertjes

$\frac{1}{2}$  lb. flour  
 $1\frac{1}{4}$  c. milk  
2 eggs

$4\frac{1}{2}$  oz. butter  
Some salt

Make the dough as above and bake the poffertjes on two sides in a special pan in butter. Serve with powdered sugar. The pan has pits like a cupcake pan, but the bottom of each pit is round. At the fair they have large sheets with pits. At home a poffertjes pan is round, a foot diameter, with seven pits. Children like to make poffertjis.

Jettina Haven

## APPLESAUCE PUFFS

2 c. packaged biscuit mix	1 slightly beaten egg
$\frac{1}{4}$ c. sugar	2 T. cooking oil
1 tsp. cinnamon	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. applesauce	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ c. milk	2 T. butter, melted

Combine biscuit mix, the first  $\frac{1}{4}$  c. sugar, and the tsp. cinnamon. Add applesauce, milk, egg, and cooking oil. Beat vigorously for 30 seconds. Fill greased 20 in. muffin pans two-thirds full. Bake in hot oven (400°) 12 min. or till golden. Cool slightly; remove from pans. Mix the second  $\frac{1}{4}$  c. sugar and the  $\frac{1}{4}$  tsp. cinnamon. Dip tops in the melted butter or margarine, then in the sugar-cinnamon mixture. Makes 24 muffins.

Judy Pollock

## CRULLERS

2 T. sugar	4 eggs
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla
$\frac{1}{4}$ c. butter or margarine	Salad oil
$1\frac{1}{4}$ c. sifted all-purpose flour	Foil circles

Cut out 14 - 3 in. foil circles; grease one side of each very well. In a  $2\frac{1}{2}$  qt. saucepan, put sugar, salt, margarine; add 1 c. water. Bring to rolling boil. Remove from heat. Add flour all at once; beat till it's smooth. Return to medium heat; stir hard until mixture forms a ball and cleans side of pan. Remove from heat. Add eggs one at a time. Beat hard after each. Add the vanilla. Mixture will be shiny. Put mixture in large pastry bag with star tip. Press mixture onto foil using outer edge as guide. Overlap ends slightly. Let stand at room

temperature for 20 min. Heat oil ( $1\frac{1}{2}$  to 2 in. deep) to  $365^{\circ}$  on frying thermometer. Fry crullers -- a few at a time. Place foil and all in grease. Crullers will separate from foil. Remove foil. Turn each cruller as it rises -- turn several times. Fry until nicely brown -- approx. 7 min. Remove one at a time -- use slotted spoon. Drain slightly. Sprinkle with confectioners' sugar or dip in Maple-butter or Rum-butter glaze. Makes 14. Serve warm.

Barbara Hills

#### MAPLE-BUTTER GLAZE FOR CRULLERS

$\frac{1}{4}$ c. melted butter	$\frac{1}{4}$ tsp. maple flavoring
1 $\frac{3}{4}$ c. sifted confectioners' sugar	

Mix ingredients blending well. If glaze is stiff, add 1 T. milk. Dip tops of warm crullers into glaze. Place, glaze side up on wire rack.

Recipe makes about  $\frac{3}{4}$  c. glaze -- enough for 14 crullers.

Barbara Hills

#### RUM-BUTTER GLAZE FOR CRULLERS

$\frac{1}{4}$ c. butter or margarine, melted	1 $\frac{3}{4}$ c. sifted confectioners' sugar
2 to 3 T. rum	

Combine all ingredients until smooth. Dip tops of crullers in glaze. Place, glaze side up on wire rack. If glaze becomes too thick, add a little more rum.

Recipe makes  $\frac{3}{4}$  c. -- enough to glaze 14 crullers.

Barbara Hills



FOR  
LADIES  
ONLY



EDITOR: Louise Lee

Any type of party can be fun to plan especially if you have a choice of good recipes that you would like to try. Whether it is a tea for a bride-to-be, an anniversary, or an open house at Christmas, we hope you will find recipes here to make your party truly successful. There are also delicious desserts for that bridge party. You might even try one of those luscious cakes or pies on your own family, who would surely love you for it.

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## SHERBET PUNCH

2 6-oz. frozen lemonade	5 pints pineapple
1 6-oz. frozen orange juice	sherbet
1 qt. vanilla ice cream	9 c. cold water

Mix a small portion of concentrates with water in bowl. Add sherbet and ice cream and break up in chunks. Add rest of concentrates and water.

Janice Filler

## GOLDEN PUNCH

2 c. lemon juice	8 c. apple juice,
6 c. orange juice	sweeten to taste

Combine all ingredients and chill. If desired, add 1 qt. orange sherbet just before serving.  
Yield: about 30 servings.

Opal Weatherly

## FROSTY SHERBET PUNCH

3 46-oz. cans orange- grapefruit juice	3 qts. ginger ale
3 12-oz. cans apricot nectar	3 qts. pineapple sherbet

Have juices and ginger ale thoroughly chilled. Empty one can of each juice and one qt. of ginger ale into punch bowl. Add a qt. of sherbet. Spoon liquid over sherbet until partly melted. Serve. When supply runs low, repeat the process adding another unit of each ingredient. Serves 80.

Louise Lee

## PUNCH FOR ONE HUNDRED

1 sm. bottle red food color (or any color)	1 sm. bottle ReaLemon
10 c. sugar	1 lg. can unsweetened orange juice
14 c. tea	1 lg. can pineapple juice
2 sm. bottles almond extract	10 qt. water
2 sm. bottles vanilla extract	

Mix sugar with water. Heat to a syrup. Cool.  
Add other ingredients. Stir well. Serve over ice.

Elsie Ramsey  
Nell Gentry

## FRUIT FLAVORED GELATIN PUNCH

12 c. sugar	3 cans frz. lemon juice concentrate
3 pts. water	3 qt. pineapple juice
6 3-oz. pkg. fruit fla- vored gelatin	1 sm. bottle almond extract
12 c. (3 qt.) boiling water	
3 cans frz. orange juice concentrate	

Boil sugar and 3 pt. water together until sugar is dissolved. Dissolve gelatin in boiling water and add to the sugar syrup. Cool. When ready to serve, add orange, lemon and pineapple juices and almond extract. Serves 100. The recipe may be easily divided into a third the amount.

Louise Lee

## CRANBERRY PUNCH

1½ c. cranberry juice (cock- tail juice)	½ c. orange juice
1 c. unsweetened pineapple juice	1 T. lemon juice
	3 T. sugar
	¾ c. ginger ale

Mix all the juices and sugar together prior to the serving time. Add the ginger ale immediately before serving. Use a block of ice or a frozen ring in the punch bowl. For individual servings at home club meetings, serve over crushed ice in glasses. Makes about 1 qt.

For me this amount is easier to work with, because it can be easily multiplied to get a very accurate amount for the number expected, especially when serving to small groups at home such as a child's party or a small club group. Juices may be mixed several hours prior to serving time. The amount of ingredients may be changed to suit the individual taste -- less sugar, more ginger ale, etc. etc.

Rachel Corbett

## HOT SPICED CRANBERRY PUNCH

3 1 pt. bottles cranberry juice cocktail	1½ tsp. cinnamon
2 c. water	12 whole cloves
1 c. sugar	1/3 c. lemon juice
1½ tsp. nutmeg	½ c. orange juice

Combine cranberry juice cocktail, water, and sugar. Stir to dissolve sugar. Heat to boiling. Tie spices in a bag. Add to boiling mixture and simmer 20 min. Remove spice bag. Just before serving, add fruit juices. Serve steaming hot. Serves 18.

Louise Lee

## CHRISTMAS PUNCH

4 c. apple juice	2 T. sugar
4 c. cranberry juice	2 sticks cinnamon
2 c. orange juice	10 whole cloves

Simmer 15 or 20 min. Remove spices and serve hot.  
Serves 20.

Louise Lee

## COFFEE ICE CREAM PUNCH

1 qt. coffee	$\frac{1}{2}$ pt. whipping cream
1 qt. chocolate ice cream	nutmeg
$\frac{1}{4}$ tsp. almond flavoring	

Chill the coffee and pour into a punch bowl. Add  $\frac{1}{2}$  of the chocolate ice cream and stir until it is partially melted. Add the almond flavoring to the cream and whip until stiff. Place the whipped cream and the remaining ice cream alternately on top of the first mixture. Sprinkle the cream lightly with nutmeg. Serves 12 to 15

Louise Lee

## INSTANT SPICED TEA

1 c. Tang	1 c. sugar
$\frac{3}{4}$ c. instant tea	$\frac{1}{2}$ tsp. ground cloves
$\frac{1}{2}$ pkg. lemonade mix	$1\frac{1}{2}$ tsp. cinnamon

Mix thoroughly and store in tightly covered container. Use  $1\frac{1}{2}$  to 2 tsp. per cup. Add hot water according to taste.

Sara Catron



## SUPERB LEMONADE

6 lemons	2 trays ice
1½ c. sugar	6 c. cold water

Discard top and bottom trimmings and discard seeds from lemons. Cut in thin slices, cover with sugar and mash (I use potato masher) until all sugar is dissolved. (Takes elbow-grease!) Add ice and water and serve immediately.

Elsie Mertes

## CHEESE BALLS

1 c. flour	½ c. butter
1 c. sharp cheddar (grated)	½ tsp. baking powder
red pepper	1 c. crushed nuts

Roll in balls and in nuts. Bake at 350° for about 30 min.

Marion Divine

## CHEESE WAFERS

1 c. flour	¼ tsp. salt
1 stick butter	dash cayenne pepper
1 roll Kraft Nippy Cheese	

Let butter and cheese soften in bowl together. Add flour, salt and cayenne pepper. Mix well. Pinch off dough, roll into shape of a marble, place on an ungreased pan and mash down top with pecan half. Bake at 375° for 5 to 10 min. Makes 3 to 4 doz. (Watch closely as wafers can quickly burn on bottom.)

Be sure and use butter; do not substitute. Wafers may be frozen indefinitely and quickly thawed.

Mildred Warner

## EASY CHEESE STICKS

1 pkg. Pillsbury's 2-stick      1 10-oz. pkg. extra sharp  
pastry mix                      Cracker Barrel cheese

Grate the cheese. Add cheese to the two sticks of pastry mix just as it comes out of the wrapper (not moistened.) Mix together. Roll as thin as for a pie crust. Cut into desired shapes with pastry wheel or small cookie cutters. Bake in 400° oven until lightly browned (5 to 10 min.) Cool and store in covered can. The cheese sticks can be stored in deep freeze unit indefinitely.

Isabelle Spurr

## CHEESE DAINTIES

½ lb. grated cheese              1 pinch baking powder  
½ lb. flour                      powdered sugar if desired  
½ lb. butter                      nuts

Have butter and cheese at room temperature. Mix well with flour and baking powder. Make a long roll about 1½ in. in diameter. Roll in wax paper. Chill slightly and roll again for best effect. Refrigerate overnight or for several days. Slice thin (1/8 in.) and bake on greased cookie sheet. Chopped nuts or whole small pecans may be placed on cookies before baking. Powdered sugar may be sprinkled over them after baking.

They keep well in a tightly covered tin. This recipe was often used by Mrs. Hubert Poteat on the old Wake Forest Campus. She gave it to me years ago.

Nannie Jones

## CREAM PUFFS FOR TEAS

$\frac{1}{2}$ c. butter	1 c. bread flour
1 c. boiling water	4 eggs, unbeaten

Add butter to water, heat until butter melts. Add flour all at once, and stir vigorously until ball forms in center of pan. Cool slightly. Add eggs, one at a time, beating after each egg. Mixture should be very stiff. Drop from teaspoon on a greased cooky sheet. Bake in 375° oven 20 to 30 min. Makes 8 doz. small puffs. Fill with chicken, shrimp or ham salad.

Louise Lee

## SHRIMP TEA SANDWICHES

1 3-oz. pkg. cream cheese	1 tsp. finely chopped onion
2 T. mayonnaise	
1 T. catsup	Dash garlic powder
1 tsp. prepared mustard	10 slices lightly buttered sandwich bread
1 c. chopped cooked shrimp	
$\frac{1}{4}$ c. finely chopped celery	

Blend softened cheese with mayonnaise; mix in catsup, mustard and garlic. Stir in shrimp, celery and onion. Use as filling between slices of sandwich bread. Trim crusts if desired. Cut each sandwich diagonally in 4 triangles. Makes 1 c. filling or 20 tea sandwiches.

These are very good with a fruit plate for luncheon.

Barbara Hills

## HARTSVILLE PECAN SANDWICH SPREAD

2 boiled eggs	1 c. pecans
1 small onion	$\frac{1}{2}$ c. stuffed olives

Grate all ingredients and blend with 1 c. mayonnaise. Gets better after a couple of days in the refrigerator.

Katherine Isbell  
Sue Hendricks

## SHANKERPALE

1 c. plain white flour	$\frac{1}{3}$ c. sugar
$\frac{1}{8}$ tsp. little salt (pinch)	Water to mix to a stiff dough
1 T. shortening	

Mix shortening into flour, salt and sugar. Add water a little at a time so there won't be too much. Roll into round as for pie crust, very thin --  $\frac{1}{8}$  in. Cut into squares or diamonds about 1 in. Deep fry in hot shortening.

They do not have to be served hot. They can be made ahead and stored for a few days.

Beena Gokhale



## BUTTER TARTS I

1/3 c. butter, melted	1 egg, beaten
1 c. sifted brown sugar, light or dark	1 tsp. vanilla
2 T. milk or cream	pastry to line 12 muffin tins
1/2 c. currants	

Mix ingredients together. Half fill each pastry-lined tin. Bake at 450° for 8 min. Reduce temperature to 350° and bake until pastry is "delicately" browned. Filling will be runny.

This recipe requires 20 minutes, including pastry, to prepare. It is a basic recipe of farm wives in southwestern Ontario. I think Butter Tarts should be gooey, but there are those who use 2 eggs to get a jelly-like filling.

Pat Falkenberg

## BUTTER TARTS II

2 eggs	1 1/2 c. currents, chopped,
2 c. light brown sugar	raisins, walnuts or
2 T. vinegar	combination
1 tsp. vanilla	25 uncooked pastry tart
1/2 c. butter, melted	shells

Beat eggs only until whites and yolks are well blended. Beat in sugar. Add vinegar, vanilla, melted butter and fruit. Fill small tart shells 2/3 full with mixture. Bake at 350° for 15 to 20 min. or until firm.

This is the west coast variation of a good Canadian sweet! We always use the small British type of tart shells. Muffin tins or cupcake tins could be used but would be rich.

Lenore Webber

## ALMOND TARTLETS

1 c. sifted flour  
 3 T. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{3}$  c. Crisco  
 1 tsp. lemon juice  
 2 T. boiling water  
 1 egg yolk  
 $\frac{1}{2}$  c. raspberry or strawberry jam  
 1 T. grated lemon rind

Almond Topping:  $\frac{1}{2}$  c.  
 sifted flour  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  c. almonds, ground  
 2 T. melted butter  
 1 unbeaten egg  
 $\frac{1}{2}$  tsp. almond extract

Sift together flour, sugar and salt. Combine Crisco, lemon juice and boiling water in mixing bowl. Whip with fork until liquid is absorbed and mixture holds a peak. Blend in egg yolk. Gradually add dry ingredients. Stir until mixture clings together in a ball. Chill. Prepare Almond Topping. Roll out dough to  $\frac{1}{8}$  in. thickness. Cut into  $2\frac{1}{4}$  in. rounds and fit into small muffin cups. Combine jam and grated lemon rind. Drop a rounded half-teaspoonful into each lined muffin cup. Top with 1 teaspoonful Almond Topping. Bake in  $375^{\circ}$  oven 18 to 20 min.

Almond Topping: Sift flour, sugar, baking powder and salt together. Stir in ground almonds, butter and egg and almond extract. Mix well.

Louise Lee

## TEA TIME TASSIES

Crust: 1 3 oz. pkg. cream  
 cheese  
 $\frac{1}{2}$  c. margarine  
 1 c. sifted flour

Filling: 1 egg  
 $\frac{3}{4}$  - 1 c. brown sugar  
 1 T. soft margarine  
 1 tsp. vanilla  
 dash of salt  
 $\frac{2}{3}$  -  $\frac{3}{4}$  c. pecans

Crust: Let cheese and margarine soften, blend. Stir in flour. Chill about 1 hr.; shape into 24 1 in. balls. Place in ungreased muffin cups (small-size muffin cups). Press dough onto bottom and sides, forming a pastry cup.

Filling Beat egg with sugar, margarine, vanilla and salt until smooth. Add nuts. Fill pastry cups. Bake at 325° for 20 to 25 min. Cool. Remove from pans. Yield: 2 dozen.

This pastry cup is excellent used as a fruit filled tart -- any filling is good. The pastry is easy to prepare and always comes out satisfactorily. The recipe can be doubled easily.

Norva Fagan

#### COCONUT BALLS

½ c. white sugar	2/3 c. crushed pineapple
¼ c. butter	(drained)
½ c. chopped pecans	1 pkg. frozen coconut
1 egg yolk	½ pt. whipping cream
	1 box FFV lemon wafer thins

Cream sugar and butter. Add beaten egg yolk, nuts and pineapple. Put 1 cookie on wax paper. Spread with mixture until 4 cookies are used, having cookies on top and bottom. Cover in pan and refrigerate 48 hrs. Spread with whipped cream (sides and top) and sprinkle grated coconut on them. Can be frozen. Makes 10 to 12

Pat Williard

## APRICOT-ORANGE NUT BALLS

1 pkg. dried apricots	1 orange (pulp and
1 c. pecans	seeds removed)

Grind and sweeten to taste (orange rind included).  
Chill. Roll into small balls and keep chilled.  
Roll in granulated sugar before serving.

Ethel Herring

## PECAN COOKIES

2 egg whites beaten stiff	4 T. flour
1 c. brown sugar, sifted	2 c. pecans

Beat egg whites. Fold in sugar and flour. Add nuts.  
Drop 1 tsp. at a time far apart on buttered tin.  
Bake in slow oven (250°) until done.

Betty Jo May

## LITTLE BUTTER S's

2½ c. flour	2 eggs
1 c. chopped almonds	a little cinnamon
¾ c. butter	a little lemon extract
1 c. sugar	a little salt

Cream butter and sugar. Add eggs. Sift flour, cinnamon and salt together. Add to creamed mixture. Add lemon extract and nuts. Mix well. Refrigerate overnight. Break off small pieces of dough; roll between floured hands until about ½ in. thick and finger-shaped. Put on cookie sheets in shape of an S. Bake in 325° oven 15 min. Makes about 3 doz.

Helen Smiley

## SPICED NUTS

2 c. pecans	1½ T. vanilla
5 T. water	1 c. white sugar
¼ tsp. salt	1 tsp. cinnamon

Combine above ingredients except nuts in a heavy pan. Cook until it forms a soft ball when dropped in cold water. Drop pecans in this mixture and stir enough to cover nuts. Empty on brown paper and separate nuts.

Gail Rose

## STUFFED PRUNES

1 lb. box of prunes	6 pieces candied ginger
2 3-oz. pkg. cream cheese	2 T. chopped pecans
¼ tsp. powdered ginger	

Cook prunes as directed. Split one side. Remove seed. To cream cheese add ginger and pecans. Form in seedshape and fill cavity of prunes. Roll each stuffed prune in granulated sugar and arrange on large ivy leaves or flat tray to resemble cluster of grapes.

Jessie K. Hunt

## CHOCOLATE COVERED MINTS

1 stick butter	1 envelope Knox gelatin
2 boxes powdered sugar	16 drops Peppermint Oil
¼ c. cold water	(drug store)

Melt butter, add sugar and work together well with hands until creamy. Dissolve gelatin in the cold water, add to the butter and sugar and knead until creamy. Add peppermint oil and knead again. Roll



out between wax paper. Cut with center part of doughnut cutter. Then use 1 large bag of chocolate chips,  $\frac{1}{2}$  bar of household wax. Over hot, not boiling, water in double boiler, melt chocolate chips and wax together. Stick toothpick in mint and dip. Lay on wax paper.

If too crumbly add few drops warm water. Makes about 10 doz. Takes a little time but so good and fun too!

### Opal Weatherly

#### LEMON PRUNE BREAD

2 c. sifted all-purpose flour	2 eggs
1 tsp. baking powder	1 c. chopped, cooked prunes, drained (about $\frac{1}{2}$ lb. dried prunes)
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ lb. dried prunes)
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ c. prune juice
$\frac{1}{3}$ c. soft shortening	2 tsp. grated lemon rind
$\frac{2}{3}$ c. granulated sugar	$\frac{2}{3}$ c. chopped nuts

Sift together flour, baking powder, soda and salt. Cream shortening with sugar. Add eggs; beat well. Stir in prunes, prune juice and lemon rind. Add dry ingredients, stirring only enough to blend. Stir in nuts. Pour in greased loaf pan. Bake in 325° oven about 70 min. Cool before removing from pan.

Betty May Barnett

#### LEMON BREAD

$\frac{1}{2}$ c. shortening	$1\frac{1}{2}$ c. flour
1 c. sugar	1 tsp. baking powder
2 eggs	1 tsp. salt
$\frac{1}{2}$ c. milk	rind of 1 lemon, grated

Beat together the shortening, sugar and eggs. Add

alternately the milk and the flour which has been sifted together with baking powder and salt. Add the grated lemon rind. Bake in loaf pan 45 min. at 350°.

While bread is hot right from the oven and still in pan, pour  $\frac{1}{2}$  c. sugar dissolved in juice of 1 lemon over the top. Cool on rack. Delicious sliced thin for tea, or made into dainty sandwiches with cream cheese.

Josephine Tate

#### APRICOT BREAD

1 c. dried apricots	2 c. flour
1 c. sugar	2 tsp. baking powder
1 T. shortening	1 tsp. salt
1 egg	1 tsp. soda
$\frac{1}{4}$ c. water	$\frac{1}{2}$ c. nuts, chopped
$\frac{1}{2}$ c. orange juice	

Soak 1 c. dried apricots in water 15 min. Dry on paper towels and cut into pieces. Mix together the sugar, shortening and egg. Stir in water and orange juice. Sift together and stir in the flour, baking powder, salt and soda. Blend in nuts and apricots. Line bottom of greased loaf pan with greased waxed paper. Pour in the batter. Let stand 20 min. Bake 55 to 65 min. in 350° oven. Remove from pan and remove waxed paper. Cool on wire rack.

Josephine Tate

#### MILDRED GARBEE'S PUMPKIN BREAD

3 c. sugar	$\frac{2}{3}$ c. water
1 c. salad oil	2 c. cooked pumpkin
4 eggs	$3\frac{1}{3}$ c. flour
$1\frac{1}{2}$ tsp. salt	2 tsp. soda

1 tsp. cinnamon  
1 tsp. nutmeg  
 $\frac{1}{2}$  tsp. ginger

Pecans, English walnuts,  
or currants to taste  
(optional)

Combine sugar and oil. Add eggs and beat. Add dry ingredients; mix and add water. Beat well. Add pumpkin and nuts. Pour into 3 greased and floured loaf pans. Bake at 350° for 75 min. (Or use 2 pans and bake for about 15 to 20 min. longer. Test for doneness.) Cool 10 min. before removing from pan. Bread will be heavy; it is good with butter and jelly or cream cheese -- for breakfast or tea.

Mildred Garbee's husband, Dr. Eugene Garbee, is the author of a cookbook on the preparation and cooking of wild game. For their entertaining he would cook the main course featuring some sort of game, and she would devise the accompanying dishes. This is one of her bread recipes that she passed on to my mother.

Isabel Zuber

### CHOCOLATE TORTE ROYALE

#### Meringue Shells

2 egg whites  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. vinegar

$\frac{3}{4}$  c. superfine sugar  
 $\frac{1}{2}$  tsp. vanilla

Beat egg whites, salt, vinegar and vanilla. Add sugar slowly and beat until mixture peaks. Bake on brown paper using heaping tablespoon of mixture to form medium meringues. Shape so filling will go in center of meringue. Will yield 8 to 12 according to size. Bake in very slow oven (225°) for 1 hr.

#### Torte Filling

1 c. semi-sweet chocolate  
bits

2 beaten egg yolks  
 $\frac{1}{4}$  c. hot water

Melt chocolate bits in double boiler. Add water and egg yolks. Stir until all lumps are gone. Cool until thick. Whip 1 c. cream. Add  $\frac{1}{2}$  c. sugar. Fold into mixture and chill until firm enough to hold shape in shells. Fill shells and chill overnight in freezer. Serve with whipped cream topped with toasted almonds. (Remove from freezer 15 min. before serving.) Will keep in freezer a week or more.

Martha Knox Carr

### PEACH BLITZ TORTE

4 eggs separated	$\frac{3}{4}$ c. chopped nuts
1 box (single layer) yellow cake mix, or $\frac{1}{2}$ box (2 layers) mix	1 c. heavy cream, whipped and sweetened
1 c. sugar	1 can (1 lb. 13 oz.) sliced peaches, drained
1 tsp. vanilla	

To egg yolks add enough water to make  $\frac{1}{2}$  c. plus 2 T. Combine with cake mix and beat 4 min. Pour batter into 2 greased and floured 8 in. round cake pans.

Beat egg whites until foamy. Gradually add sugar, beating until stiff peaks are formed; add vanilla. Spread meringue on unbaked cake layers. Sprinkle with nuts. Bake at  $350^{\circ}$  for 25 min. Cool on racks 10 min.; then loosen around edges; remove from pans and cool layers meringue side up.

Place 1 cake layer on cake plate, meringue side up. Spread  $\frac{2}{3}$  of whipped cream over cake. Arrange  $\frac{2}{3}$  of well-drained peach slices on the cream. Place second layer on top. Spoon remaining whipped cream in center of layer and arrange remaining peach slices on top. Chill in refrigerator. Makes 12 servings.

Excellent bridge club dessert. Can be made a day ahead. In season, substitute fresh fruit. Strawberries are wonderful!

Ione Preseren

## MYSTERY TORTE

16 Ritz crackers	½ tsp. baking powder
2/3 c. chopped nuts (pecans or walnuts)	1 c. sugar
3 egg whites	1 tsp. vanilla

Chop crackers and nuts together (or whirl in blender) until quite fine. Sift baking powder and sugar together. Beat egg whites until almost stiff; then add sugar mixture gradually. Fold in nut-cracker mixture all at once and add vanilla. Pour into lightly creased 8 in. pie plate and bake in 350° oven for 30 min. Cool.

Decoration

½ pint whipping cream	Bitter-sweet or bitter
sugar to taste	chocolate curlicues

Whip cream; sweeten to taste, and spread over entire top of cooled torte. Garnish with chocolate curlicues (shavings made with vegetable parer) or more chopped nuts. Refrigerate for at least 3 hrs. before serving.

Maude Flory  
Edith Reyer

## DATE NUT CONFECTION

1 c. pitted dates, diced	1 tsp. baking powder
½ c. broken black walnuts	½ tsp. salt
1 c. sugar	4 egg whites, beaten

Grease 7 x 11 in. pan. Mix well first five ingredients. Beat egg whites and fold into above mixture. Bake at 300° for 25 to 30 min. until golden brown. Serve cold with whipped cream. Serves 8.

Betty May



## COCONUT-PECAN TEA SQUARES

Cover bottom of pan (13 x 9 x 2) with whole graham crackers.

Melt in saucepan - 2 sticks butter, 1 c. sugar, 1 egg beaten in  $\frac{1}{2}$  c. milk. Cook until it thickens and stir in: 1 c. graham crackers, 1 c. chopped pecans, 1 c. shredded coconut. Cover with whole graham crackers.

Icing:  $\frac{3}{4}$  stick butter, 2 c. powdered sugar, 1 T. milk, 1 tsp. vanilla.

Chill at least 24 hrs.

Lee Carter

## PEPPERMINT CANDY CHIFFON PIE

Crust

$1\frac{1}{4}$  c. chocolate cooky  
crumbs

$\frac{1}{3}$  c. melted butter

Combine ingredients. Pat over bottom and sides of a 9 in. pie pan. Bake 10 min. in a slow oven, 300°. Cool before filling.

Filling

1 envelope unflavored  
gelatine

$\frac{1}{2}$  c. cold water

3 egg whites

Dash salt

$\frac{1}{2}$  c. sugar

$\frac{1}{4}$  tsp. peppermint extract

$\frac{1}{3}$  c. chopped toasted  
almonds

$\frac{1}{2}$  c. crushed peppermint  
stick candy

$\frac{1}{2}$  pint whipping cream

Sprinkle gelatine over cold water and then set it in hot water to dissolve. Beat egg whites with salt

until soft peaks form. Gradually add sugar and beat until stiff. Fold in dissolved gelatine, extract, almonds and finely crushed candy. Carefully fold in stiffly beaten cream. Turn into cooky crust. Sprinkle with additional crushed candy. Chill several hours. Let stand at room temperature about 10 min. before cutting. Makes a pretty pie for Christmas if garnished with a ring of green tinted whipped cream.

Betty May Barnett

### JAPANESE PIE

Melt 1 stick margarine.  
Add 1 c. sugar and 1 tsp. vanilla.  
Beat 2 eggs and fold into mixture.  
Add  $\frac{1}{2}$  c. raisins,  $\frac{1}{2}$  c. coconut, and  $\frac{1}{2}$  c. pecans.  
Pour into baked pie shell. Bake 350° 30 min.

Ruth Wyatt

### DATE PIE

2 c. dried dates, sliced	$\frac{1}{2}$ c. chopped walnuts
2 T. orange juice	1 9-in. baked pie shell
1 c. cold water	or small tart shells
$\frac{1}{2}$ pt. whipping cream	

Cook dates and water over low heat to a thick paste. Remove from fire and add orange juice. Let stand until cold. Just before serving add nuts and pour into baked shell or tart shells. Cover with sweetened whipped cream. Serves 6 to 8.

Mary Lauerman

### COCONUT PINEAPPLE PIE

3 eggs	2 c. shredded coconut
$1\frac{1}{2}$ c. sugar	1 sm. can crushed pineapple
$\frac{1}{2}$ stick soft butter or margarine	1 tsp. vanilla

Combine eggs, sugar and butter or margarine. Beat until smooth and well blended. Add coconut, pineapple, and vanilla. Stir and pour into two 8 in. uncooked pie shells. Bake in a 350° oven for 25 to 30 min. or until golden brown. Serves 8

June Marshall

#### TREASURE PIE

1 stick Oleo	½ c. coconut
2 unbeaten eggs	1 c. pecans
1 c. sugar	1 T. vinegar
½ c. white raisins	

Melt Oleo, add eggs and remaining ingredients. Mix well. Pour into unbaked shell. Bake 25 min. 325°

Elsie E. Ramsey

#### APPLE TORTE

3 eggs well beaten	¾ c. flour
3 tsp. vanilla	3 tsp. baking powder
1½ c. sugar	salt

Add dry ingredients to egg mixture, then add 2 c. sliced apples and 1 c. chopped walnuts. Bake in shallow pan (12 x 8 in.) 30 to 45 min. in 350° oven. Serve with whipped cream and a maraschino cherry.

Shirley Amen

#### HARLEQUIN MOUSSE

One package black cherry-flavored gelatin, 1 c. hot water, ½ c. rose wine or diluted grape juice, 1 pkg. strawberry-flavored gelatin, 1 pkg. lime-flavored gelatin, 2 c. hot water, 1 c. cold water, 1 pkg.

raspberry-flavored gelatin,  $\frac{1}{4}$  c. sugar, 1 c. hot water,  $\frac{1}{2}$  c. rose wine or diluted grape juice, 2 c. whipping cream,  $1\frac{1}{2}$  c. ( $3\frac{1}{2}$  oz. can) tender-skin flaked coconut, tinted pink.

Dissolve black cherry gelatin in 1 c. hot water. Add rose wine or grape juice diluted, pour into 8 x 8 x 2 in. pan and chill until firm. Then prepare strawberry and lime gelatin separately, using 1 c. hot water and  $\frac{1}{2}$  c. cold water for each. Pour into separate 8 x 8 x 2 in. pans and chill until firm. Dissolve raspberry gelatin and sugar in remaining c. of hot water. Add rose wine or diluted grape juice. Chill just until syrupy.

Whip cream and fold into syrupy raspberry gelatin. Cut the firm black cherry, strawberry and lime gelatin into cubes about  $\frac{1}{2}$  in. square. Fold into whipped cream mixture. Pour into a 9 in. angel food cake pan. Chill 8 hrs. Unmold. Spread top and sides with sweetened whipped cream. Sprinkle with coconut.

Virginia Webb Cocke

#### CREAM CHEESE SALAD

1 pkg. lime Jello	2 T. mayonnaise
$1\frac{1}{2}$ c. hot water	Dash of salt
2 pkg. (3 oz. ea.) cream cheese	1 c. diced celery
	$\frac{1}{2}$ c. chopped nuts

Dissolve Jello in hot water. Cool. Add cheese, mayonnaise and salt. Beat until well blended. Cool until nearly set. Add celery and nuts. Turn into individual molds or large one. Chill. Serves 6.

Josephine Tate

## FRUIT SALAD

1 carton sour cream	white grapes
1 can chunked pineapple	miniature marshmallows
1 can mandarin orange sections	1 pkg. frozen coconut cherries

Mix all ingredients together except cherries and chill overnight in the refrigerator. Add cherries just before serving. Canned fruit cocktail may be substituted. Nuts may be added or coconut left out. Serves 4 to 6.

Gail Rose  
Janice Filler

## COCONUT CAKE

2 sticks whipped margarine	2 tsp. vanilla
½ c. shortening	3 c. flour
2 ¾ c. sugar	1 c. milk
¾ tsp. salt	5 eggs
	½ tsp. baking powder

Cream margarine and shortening. Add sugar, salt and vanilla. Cream well. Add half of flour and half of milk and beat at low speed. Add rest of flour and milk and baking powder. Bake in 3 greased and floured pans at 350° for 25 to 30 min.

Boiled Frosting

1½ c. sugar	24 miniature marshmallows
½ c. water	2 egg whites
2 tsp. white corn syrup	1 tsp. vanilla

Boil sugar, syrup and water until it spins a thread. Beat egg whites until soft. Pour hot syrup slowly over egg whites, beating at high speed. Add marsh-



mallows and vanilla

To a finely grated coconut add 3 T. powdered sugar together with some of the coconut milk. Use over frosting. (I use frozen coconut most of the time.)

Ruth Wyatt

#### THELMA GAY'S PECAN CAKE

1 lb. butter	$\frac{1}{2}$ lb. candied cherries
6 eggs	$\frac{1}{2}$ lb. candied pineapple
2 c. sugar	1 lb. box of white raisins
4 c. flour	1 tsp. vanilla
1 tsp. baking powder	1 qt. coarsely chopped
Pinch of salt	pecans

Dust with a little flour from recipe and mix: cherries, pineapple, raisins, pecans. Beat eggs and sugar until fluffy. Add melted butter and flour mixture (flour, salt, baking powder). Add vanilla, fruits and nuts. Bake in greased tube pan at 275° for 2½ hrs. Check for longer baking.

Evelyn Fosso

#### APPLE SPICE CAKE

3¼ c. sifted flour	$\frac{1}{2}$ tsp. ground nutmeg
2½ c. sugar	$\frac{1}{2}$ tsp. ground cinnamon
¾ c. butter or margarine	5 c. chopped apples
3 eggs	1½ c. chopped pecans
2 tsp. baking soda	or walnuts
1½ tsp. salt	

Preheat oven to 350°. Cream sugar and butter in mixer. At low speed add flour, eggs, soda, salt, nutmeg, and cinnamon. It is easier to combine dry ingredients before addition. Mix until thoroughly blended (mixture

will be very dry). Add apple, 1 c. at a time, mixing well after each addition. Add nuts. Turn into well-greased and floured Bundt pan or 10 in. tube pan. Bake for 1 hr. and 15 min. Cool in pan 15 min.; remove from pan. Serves 16 to 20 with ease

Will keep well when kept in air tight container or aluminum foil (approx. 2 wks.) It also freezes well. Makes an excellent substitution for fruit cake. Serve warm with Orange Sauce.

### Orange Sauce

2 tsp. grated orange rind	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. orange juice	$\frac{1}{4}$ c. water

Combine in small saucepan. Bring to boiling. Cook 10 min.

Mary V. Smith

### OLD-TIME JAM CAKE

4 eggs	1 tsp. allspice
1 tsp. soda	1 tsp. nutmeg
1 c. white sugar	1 tsp. cocoa
1 c. brown sugar	1 c. blackberry jam
1 c. butter	1 c. raisins
1 tsp. cinnamon	3 c. flour
1 tsp. cloves	1 c. buttermilk

Beat egg yolks, put in soda, sugars and butter. Add cinnamon, cloves, allspice, nutmeg and cocoa. Beat egg whites, add jam and raisins. Add flour and buttermilk alternately. Bake in 350° about 1 hr. or until done. Bake in tube pan, or bake in layers for 25 to 30 min.

This recipe is about 100 years old.

Easy Penuche Icing

Melt  $\frac{1}{2}$  c. butter or margarine. Add 1 c. brown sugar. Boil over low heat for 2 min. stirring constantly. Stir in  $\frac{1}{4}$  c. milk. Stir till comes to boil. Cool. Add 1 to 2 c. confectioners sugar. Beat and if too stiff, add a little hot water.

Ruth Wyatt

## ORANGE CANDY CAKE

2 sticks oleomargarine or butter	2 c. nuts, chopped
2 c. sugar	4 c. flour
4 eggs	<u>Glaze:</u> $1\frac{1}{2}$ c. light
$1\frac{1}{2}$ c. buttermilk	brown sugar
1 tsp. soda	1 small can frozen
$\frac{1}{4}$ tsp salt	orange juice, thawed
1 lb. dates, chopped	and mixed thoroughly
1 lb. orange candy, chopped	with sugar

Cream sugar and butter. Add eggs, one at a time, and beat well. Add 1 c. buttermilk and beat well. Put soda and salt into the remaining  $\frac{1}{2}$  c. milk and beat into the mixture. Mix flour, dates, candy and nuts and add them to above mixture. Bake in a greased and floured tube pan for  $2\frac{1}{2}$  hrs. at  $275^{\circ}$ . Remove from oven, punch holes in top with something like a knitting needle and pour glaze on while hot. Let cool in pan. Remove from pan by placing a cake plate over the pan and inverting it. Some of the glaze may be reserved to drip over the bottom and sides of cake after it is removed from pan. Serves 20-30.

It looks like fruit cake. Tastes different. This recipe came to me from my sister, Margaret Flintom, who lives in Charlotte.

Nannie Jones

## LEMON ICE BOX CAKE

2 envelopes plain gelatine	$\frac{1}{2}$ c. water
6 egg yolks	1 c. sugar
$\frac{3}{4}$ c. lemon juice	$1\frac{1}{2}$ tsp. grated lemon rind
6 egg whites	$\frac{3}{4}$ c. white corn syrup
1 large Angel food cake	

Soften gelatine in water. Make a custard of egg yolks, sugar, lemon juice and rind by cooking over hot water until it coats a spoon. Add softened gelatine. Beat egg whites with the corn syrup and fold into custard.

Break up a large Angel Food cake. Cover bottom of Angel cake pan with broken pieces of cake. Pour some custard over cake. Alternate cake and filling until pan is full. Chill in refrigerator over night. Unmold; cover with whipped cream sweetened with powdered sugar, using  $\frac{1}{2}$  pt. of whipping cream and sugar to sweeten to taste.

Best I ever ate. Recipe by Mrs. Vernon Harrison, Durham, N.C., sister of Mrs. Jones.

Inez Black

## ORIENTAL FRUITCAKE

Fruitcake Layers

$\frac{1}{2}$ c. shortening	1 c. chopped walnuts
1 c. sugar	1 c. golden raisins,
3 eggs	halved
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ c. each: currants,
2 c. sifted flour	minced candied orange
$\frac{1}{2}$ tsp. each: soda, salt,	peel, citron, and
allspice	cherries
$\frac{1}{4}$ tsp. each: cloves, mace	$\frac{1}{2}$ c. milk
1 tsp. cinnamon	

Cream shortening; gradually add sugar, and beat until light. Add eggs, one at a time, beating thoroughly after each. Beat in molasses. Sift dry ingredients. Stir in nuts and fruits. Add to creamed mixture with milk; mix well. Divide into 2 9-in. sq. or round layer pans. Bake in slow oven, 275° about 1½ hrs. Turn on racks to cool.

### White Cake Layers

1/3 c. shortening	1 1/3 c. sifted cake
3/4 c. sugar	flour
¼ tsp. almond flavoring	1½ tsp. baking powder
½ tsp. vanilla	½ c. milk
½ tsp. salt	2 egg whites

Cream shortening; gradually add ½ c. sugar, and beat until light. Add flavorings and sifted dry ingredients alternately with milk, beating after each addition until smooth. Beat egg whites until foamy; gradually add ¼ c. sugar, and beat until stiff. Fold into batter. Bake in 9-in. sq. or round layer pan. Bake in mod. oven, 375° about 25 min. Turn out on rack to cool.

### Filling

½ c. sifted cake flour	½ c. lemon juice
1 c. sugar	2 T. grated orange rind
¼ tsp. salt	Grated rind of 1 lemon
1½ c. orange juice	4 egg yolks, beaten

Mix flour, sugar and salt. Add fruit juices and rinds. Cook, stirring until thickened. Stir into egg yolks. Return filling to saucepan, and cook 5 min. longer, stirring. Cool.

### Frosting

4 egg whites	2 T. glycerin (buy in
½ tsp. salt	drugstore)
¼ tsp. cream of tartar	1 tsp. almond flavoring
1 lb. confectioners'	24 walnut halves
sugar, sifted	



Beat egg whites until frothy. Add salt and cream of tartar; beat until stiff. Gradually beat in sugar. Beat in glycerin and almond flavoring.

### To Fill and Frost

Spread filling between layers, having white layer in center. Spread frosting on top and sides of cake, and decorate with walnut halves.

Jeanne Williams

### OLD-FASHIONED FRUIT CAKE

1 lb. butter	1 lb. Brazil nuts
2½ c. sugar	1 lb. English walnuts
10 eggs	1 pkg. blanched almonds
4 c. cake flour	1 box raisins
2 tsp. nutmeg	2 boxes chopped dates
1 lb. pecans	3 packs figs (optional)

Cream butter and sugar. Add eggs one at a time. Then add flour and nutmeg. A very large mixing bowl is now necessary. Stir in all chopped nuts and fruits. Mix very well. Bake in slow oven about 250° to 275° for 3½ or 4 hrs. in tube pan.

Elinor Starling

### RITZ CRACKER CAKE

1 lb. candied cherries	1 lb. nuts (any kind)
(½ lb. red, ½ lb. green)	1 3½-oz. can coconut
½ lb. candied pineapple	1½ c. milk
1 lb. box Ritz crackers	1 lb. marshmallows

Melt marshmallows in milk in double boiler (or pot,) crumble crackers fine, pour in mallow mix. Dissolve well. Add fruits, nuts and coconut -- mix ingredi-

ents well. Place in greased pan; refrigerate. I grease a tube pan with butter and cover with foil. Keep refrigerated 4 hrs. Take out of tube pan and place red and green cherry halves on top.

June Marshall

### FRESH COCONUT CAKE

<u>One, two, three, four Cake</u>	1 tsp. vanilla
1 c. butter (not margarine)	$\frac{1}{4}$ tsp. almond flavoring
2 c. sugar	* * *
3 c. flour	1 fresh coconut, grated
4 eggs	and milk
1 c. milk	* * *
3 level tsp. baking powder	Seven Minute Frosting

Cream butter and sugar. Add eggs one at the time and beat well. Sift flour with baking powder and add alternately with milk. Add flavoring. Bake in 3 9 in. layer pans in moderate oven. Cool layers on wire racks.

Spoon enough of the coconut milk over the first layer to moisten well. Spread layer with frosting and add a layer of the grated coconut. Put on the next layer and repeat with coconut milk, frosting, and coconut. Repeat with third layer and frost entire cake, covering the entire cake with coconut.

Must be kept in cool place or coconut will become rancid. Popular for Christmas Dinner dessert.

Betty Olive

# HAPPY HOURS



EDITOR: *Barbara Hies*

The busy University calendar provides a multitude of opportunities for entertaining groups of individuals before or after major events. Faculty hosts honor guest musicians, artists and lecturers. Wake Forest fans celebrate victories and moan over defeats. Potential new faculty are entertained and appraised. Former faculty or students are treated to an evening of fun and reminiscing about their Wake Forest days. But most of all, "We're having a party" means a chance for friends to get together. Good food and drink contribute to the festivities.

## HAPPY HOURS

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## GREEN GODDESS AVOCADO DIP

1 me. ripe avocado	1 T. finely chopped
2 tsp. fresh lemon juice	parsley
3 oz. pkg. cream cheese	3/4 tsp. salt (or to
2 T. mayonnaise	taste)
2 tsp. finely chopped	1/16 tsp. garlic powder
chives or green onion	Dash cayenne
tops	Pimento, finely diced

Cut avocado in half, remove seed, scoop out meat and place in bowl with lemon juice. Mash and mix well. Blend in next 7 ingredients. Scatter with pimento dice. Serve in small bowl surrounded with raw vegetables, potato chips or crackers. Yield: 2 c.

Jean Hooks

## GUACAMOLE DIP

2 avocados, peeled and	2 thin onion slices
seeded	Salt to taste
1 med. tomato, cored	Dash Tobasco
Juice of 1 lemon	2 tsp. chili powder

Combine all and blend on high speed of blender until thoroughly blended. Serve with tortilla chips.

Can be served on tomato slices and lettuce as a salad.

Norva Fagan

## GUACAMOLE

2 very ripe medium avo-	Salsa Jalapena, or green
cados	peeled chile
2 medium tomatoes	Wine vinegar or lemon
1 medium onion (or 1 bunch	juice to taste
green onions) chopped	Salt to taste

Mash avocados with fork, not too smooth, and add other ingredients. If not serving at once, cover closely with saran -- do not make too far in advance. Makes 3 c.

Karen Richardson

#### SMOKED OYSTER-RIPE OLIVE DIP

$\frac{1}{2}$ c. ripe olives	3 T. sliced green onions
1 can 3 oz. smoked oysters, drained	2 T. mayonnaise
1 c. sour cream	2 tsp. lemon juice
$\frac{1}{4}$ c. chopped parsley	$\frac{1}{2}$ tsp. salt
	$\frac{1}{8}$ tsp. Tabasco

Cut olives into small pieces. Drain and chop oysters. Mix olives and oysters with all remaining ingredients. Serve with potatoe chips, corn chips, celery sticks, carrot sticks, etc.

Edie Horowitz

#### LOUIS COCKTAIL DIP

1 c. mayonnaise	$\frac{1}{4}$ c. chopped green onion
$\frac{1}{4}$ c. sour cream	Salt to taste
$\frac{1}{4}$ c. chili sauce	Lemon juice to taste.
$\frac{1}{4}$ c. chopped green pepper	

Mix together and chill well. Serve with fresh vegetables (carrots, cucumber strips, celery, cauliflower, asparagus, cherry tomatoes) or shrimp, or crab.

Barbara Hills

## CLAM APPETIZER DIP

- |   |   |
|---|---|
| 1 clove garlic (finely<br>minced)           | Dash pepper   |
| 1 8-oz. pkg. cream cheese                   | $\frac{1}{2}$ c. clam broth                                     |
| 2 tsp. lemon juice                          | 1 ( $7\frac{1}{2}$ oz.) can $\frac{1}{2}$ c.<br>drained, minced |
| $1\frac{1}{2}$ tsp. Worcestershire<br>sauce | clams   |

Place cream cheese in bowl; cream until smooth and gradually add rest of ingredients, blending well. If a thinner dip is desired, add more clam broth.

Shirley Amen

## CLAM DIP

- |                          |                                   |
|--------------------------|-----------------------------------|
| 2 T. clam liquid         | $\frac{1}{2}$ clove garlic        |
| 1 tsp. lemon juice       | $\frac{1}{2}$ tsp. Worcestershire |
| Dash Tobasco             | 1 12-oz. carton creamed           |
| 1 7-oz. can minced clams | cottage cheese                    |

Put ingredients in blender. Cover. Start at low then switch to high until smooth. Makes 1 c.

Lenore Webber

## REMOULADE SAUCE FOR SHRIMP

- |                                  |  |
|----------------------------------|--|
| $1\frac{1}{2}$ c. vinegar        | 1 qt. Wesson oil                         |
| 3 6-oz. jars Mister Mus-<br>tard | 4 bunches green onions,<br>finely minced |
| 1 can paprika                    | 1 bunch parsley, finely<br>minced        |
| 1 jar horseradish                |  |
| Salt and pepper to taste         |  |

Combine vinegar, mustard and seasonings. Mix well. Add Wesson oil and beat vigorously. Then add minced onions and parsley. Makes enough dip to serve 100.

Marianne Steintrager



## FRESH FRUIT DIP

- |                 |                                 |
|-----------------|---------------------------------|
| 2 c. sour cream | 5 T. sugar                      |
| 3 T. brandy     | $\frac{1}{2}$ pt. whipped cream |

Use as dip with fresh pineapple, strawberries, orange sections, etc.

Jean Hooks

## CHILI CON QUESA DIP

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 lb. process American cheese | 1 whole green chile pepper, minced |
| 1 lb. process Cheddar cheese  | 1 clove garlic, crushed            |
|                               | $\frac{1}{2}$ c. (or more) beer    |

Melt cheeses in double boiler over hot water. Stir in chili peppers, garlic and beer. May need to add more beer to keep proper dipping consistency. Keep warm in chafing dish. Serve as a dip with quartered and fried tortillias or Doritos.

Shirley Amen

## HOT CRAB IN A HOT POT

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 pkg. 8 oz. cream cheese          | $\frac{1}{2}$ tsp. sugar      |
| 1 can crab meat, drained           | Dash salt, garlic to taste    |
| 3 T. Hellman's mayonnaise          |                               |
| 2 tsp. prepared mustard            | $1\frac{1}{2}$ T. pale sherry |
| 1 tsp. minced onion or onion juice |                               |

Heat all ingredients, except the sherry, together in top of double boiler. Add sherry and cook 15 more min. Serve with party rye bread, Waverly thin crackers, or other non-leaky base.

Barbara Rinker

## ZESTY HOT CRAB SPREAD

- |                             |                          |
|-----------------------------|--------------------------|
| 1 8-oz. pkg. cream cheese   | 1 7½-oz. can or pkg.     |
| 1 T. milk                   | crabmeat, drained        |
| 2 tsp. Worcestershire sauce | 2 T. chopped green onion |

Thoroughly combine ingredients. Turn into greased 8 in. pie plate or small shallow baking dish. Top with 2 T. toasted slivered almonds. Bake at 350° oven for 15 min. or till heated through. Keep warm. Serve with assorted crackers.

Barbara Hills

## HOT CLAM AND CHEESE SPREAD

- |                             |                        |
|-----------------------------|------------------------|
| 3 T. butter                 | ¼ lb. processed cheese |
| 1 small onion               | 1 T. Worcestershire    |
| ½ large green pepper        | sauce                  |
| 1 10½-oz. can minced clams, | 1 T. sherry            |
| drained                     | ¼ tsp. cayenne pepper  |

Saute first 3 ingredients for 3 min. Then add the remaining ingredients and cook in double boiler until cheese has melted. Serve hot in chafing dish with melba toast.

Mary Lauerman

## COMPANY CLAM DIP

- |                                    |  |
|------------------------------------|--|
| 1 6½ or 7½-oz. can minced clams    | 1 c. diced sharp American cheese           |
| 2 T. minced onion                  | 2 T. chopped pitted ripe olives (optional) |
| 2 T. butter or margarine           | 1 tsp Worcestershire                       |
| 1 T. catsup                        | sauce                                      |
| Few drops bottled hot pepper sauce |  |

Drain clams, reserving 1 T. of the liquid. Cook onion in butter till tender but not brown; add clams, reserved clam liquid, and remaining ingredients. Heat till cheese melts and mixture is hot. Makes  $1\frac{1}{2}$  c. Serve with crackers and chips.

Judy Pollock

#### AMERICAN CHEESE LOG

3 8-oz. pkgs. cream cheese	2 T. Worcestershire
$1\frac{1}{2}$ lb. American cheese	sauce
12 slices pimento cheese	4 cloves crushed garlic
1 small can pimentos, chopped	2 T. lemon juice

Grate all cheeses and mix together. Add remaining ingredients and mix well. Divide into 3 equal parts. Form into log shaped rolls. May need to chill slightly to facilitate handling. Roll logs in chili powder. Refrigerate for at least 24 hours. Remove from refrigerator 15 or 20 min. before serving. Freezes well.

It helps to have a man around to aid in the mixing. This makes a very large amount. One can freeze 2 of the logs for later use.

Eddie Horowitz

#### EVER-READY CHEESE LOG

$\frac{1}{2}$ lb. grated sharp cheese	1 chopped hard cooked egg
1 T. minced onion	$\frac{1}{2}$ c. finely crushed sal-
3 T. minced green pepper	tines
3 chopped stuffed olives	$\frac{1}{4}$ c. mayonnaise
2 T. chopped pickles	$\frac{1}{2}$ t. salt
1 T. pimento	nuts

Combine all ingredients. (Form in a long roll about 2 or 3 in. in diameter). Wrap in wax paper. Refrigerate till firm. Roll in crushed nuts. Serve on a pretty platter surrounded by assorted crackers and stuffed olives. It is also called a Yule log.

This recipe was given to me by my sister, Mrs. Foster, who lived at University of Md.

Nannie Jones

### SHERRIED CHEESE BALL

1 lb. natural Cheddar cheese	$\frac{1}{2}$ c. sherry
$\frac{1}{2}$ lb. Blue or Roquefort cheese	1 T. Worcestershire sauce
$\frac{1}{4}$ c. soft butter or margarine	1 tsp. prepared mustard
$\frac{1}{4}$ lb. Coon cheese	Dash of hot pepper sauce, onion or garlic salt to taste

Have cheeses at room temperature. Shred cheese and combine cheeses and butter. Blend well with mixer. Gradually beat in wine and add seasonings. Pour into mold or make a ball and store in refrigerator. If making a ball you may have to refrigerate first. If you would like to ice, soften an 8 oz. pkg. of cream cheese with cream and frost mold. Decorate as desired or roll ball in chopped nuts. Serve at room temperature. It's very good on rye bread.

Opal Weatherly

### BLUE CHEESE BALL

1 8-oz. cream cheese pkg.	1 T. mayonnaise
1 small pkg. blue cheese	1 tsp. vinegar
1 T. minced onion	

Mix until well blended. Form in ball and roll in crushed pecans. Serve with crisp crackers.

Muneca Rapela

## HOLIDAY CHEESE BALL

- |  |   |
|--|---|
| 6 oz. Blue cheese                                | 1 tsp. Worcestershire sauce             |
| 2 5-oz. jars process Cheddar cheese spread (old) | $\frac{1}{2}$ tsp. Accent               |
| 4 3-oz. pkg. cream cheese                        | 1 c. ground pecans                      |
| 2 T. grated onion                                | $\frac{1}{2}$ c. finely chopped parsley |

Have cheese at room temperature. Mix cheese, onion, Worcestershire sauce and Accent together until thoroughly blended. Add  $\frac{1}{2}$  c. pecans. Roll into a large ball or divide into two balls. Chill at least 24 hrs. Roll balls in remaining pecans and parsley.

Gail Rose

## RIPE OLIVE-CHEESE BALL

- |  |   |
|--|---|
| 1 8-oz. pkg. cream cheese                          | 1 T. minced chives  |
| 8 oz. Blue cheese, crumbled                        | $\frac{1}{3}$ c. chopped Calif. walnuts or toasted diced almonds. |
| $\frac{1}{4}$ c. soft butter or margarine          |   |
| $\frac{2}{3}$ c. well drained ripe olives, chopped |   |

Blend cheeses and butter. Stir in olives and chives. Chill slightly for easier shaping. Form in ball on serving dish. Chill thoroughly. Just before serving, sprinkle chopped nuts over ball. Trim with parsley. Serve with assorted crackers. Makes 3 c.

Barbara Hills

## EASY CHEESE BALL

- |                                       |  |
|---------------------------------------|--|
| 1 8-oz. cream cheese                  | 2 tsp. chopped pimento                                     |
| 2 T. grated Parmesan                  | Dash cayenne   |
| $\frac{1}{4}$ c. chopped green pepper | $\frac{1}{3}$ c. chopped nuts or toasted slivered almonds. |
| 1 T. finely chopped onion             |  |



Combine softened cream cheese with remaining ingredients, except nuts and mix well. Chill. Shape into a ball and garnish with nuts.

Judy Pollock

### SALMON CHEESE LOAF

1 lb. can salmon	1 tsp. horseradish
1 8-oz. pkg. cream cheese, softened	1 tsp. liquid smoke
1 T. lemon juice	$\frac{1}{4}$ tsp. salt
2 tsp. grated onion (or instant minced onion)	$\frac{1}{2}$ c. chopped pecans
	2 T. parsley

Combine ingredients, except pecans and parsley, and chill several hours. Roll into log and cover with pecans and parsley. Serve with crisp crackers. Can be made up to 24 hours in advance. Serves approx. 15.

Mary V. Smith

### EVA EKVALL'S BASIC TURNOVERS AND TARTS

#### Crust for Turnovers and Tarts

8-oz. cream cheese	$1\frac{1}{2}$ c. plain flour
$\frac{1}{2}$ stick butter	1 T. sugar
4 T. Crisco	$\frac{1}{8}$ tsp black pepper
$1\frac{1}{2}$ c. Bisquick or Jiffy	$\frac{1}{4}$ c. sour cream

Cut together until is like corn meal. Stir in  $\frac{1}{4}$  c. sour cream with fork and form a ball. Knead well. If need more liquid, add water. Cool 2 hrs. in refrigerator or 20 min. in freezer, but first shape into rolls so slices may be cut off.

Make small shells from dough from slice and pencil-rolled strip for top. Fill center with crab mixture.

Newburgh Sauce

2 T. sour cream	$\frac{1}{2}$ tsp. soy sauce
1 can Cream Mushroom soup	$\frac{1}{8}$ tsp. black pepper
3 T. flour	$\frac{1}{8}$ tsp. curry
$2\frac{1}{2}$ T. cheese	$\frac{1}{8}$ tsp. onion salt,
$\frac{1}{4}$ c. cream sherry	if needed

Cook over med. heat, stirring occasionally. When mixture boils, add  $\frac{1}{4}$  lb. sliced mushrooms and cook until thick.

Crab Filling

$\frac{1}{2}$  Newburgh Sauce  
1 pkg. Capt. John's cooked crab legs, diced

Chicken Filling

1 can chicken, diced       $\frac{1}{2}$  Newburgh Sauce  
10 small olives, chopped

Ham and Swiss Cheese Filling

6 oz. ham, diced	$\frac{1}{2}$ tsp. mustard
6 oz. Swiss cheese, diced	$\frac{1}{2}$ tsp. sour cream
$1\frac{1}{2}$ T. catsup	$\frac{1}{4}$ tsp. seasoning salt

Mix well. Cut dough in disks,  $1\frac{1}{2}$  in., fill with mixture, fold over. Bake on greased cookie sheet 375 degrees 15 to 20 min.

These cocktail appetizers were demonstrated for a cooking group of the Bowman Gray Guild.

Barbara Rinker

## EVA EKVALL'S CHEESE ROLLS

Cut Pillsbury Crescent rolls into small triangles or use cream cheese pastry, rolled thin and cut into triangles. Brush with sour cream. Sprinkle with chopped

green onion. Crumble dots of sharp cheddar cheese spread on triangles and roll up starting from wide end. Set on buttered cookie sheet. Bake at 375° 15 to 20 min.

Barbara Rinker

#### DEVEILED HAM SHELLS

1 pkg. prepared crescent rolls	1 sm. can chopped mushrooms broiled in butter
1 can Underwood deviled ham	

Mix deviled ham and mushrooms as you would for a spread. Prepare the crescent roll dough into individual round shells and fill with the ham mixture. Bake at 350° until dough is done.

Mary Jane Keith

#### BASIC PARTY TURNOVER

Use any favorite pastry or pie mix. Pastry can be seasoned with chile powder; curry; caraway, celery, or poppy seeds. Roll pastry 1/8 in. thick and cut into 2 in. rounds or squares. Place scant spoonful of filling in center of pastry round. Fold over and pinch ends together or "glue" with egg wash. Prick tops of all turnovers. Brush with egg-yolk glaze (1 yolk beaten with 1 tsp. cream or milk) and chill. Bake at 350° about 25 min. or until golden brown.

#### Filling

2 c. well-packed, any ground meat, poultry, or giblets coarsely ground	½ c. chopped green onions
1 large onion, finely chopped	2 eggs (approx.)
	½ c. chopped parsley
	salt and pepper to taste

Saute chopped onion in a little fat until soft and yellow. Add green onions and meat and saute a few min. more. Remove from heat and beat in eggs; consistency should be like mashed potatoes. (Add another egg if necessary; too loose a filling will push its way out of turnover during baking.) Stir in chopped parsley and season with salt and pepper. Cool before using. Yield: about  $2\frac{1}{2}$  c.

Variations: add one of the following --

1 T. curry powder,  $\frac{1}{2}$  c. chopped black olives, and  $\frac{1}{2}$  c. finely chopped sweet pickles or chutney

2 T. Hungarian paprika,  $\frac{1}{2}$  c. sour cream, and 1 tsp. tomato paste.

1 T. chili powder;  $\frac{1}{2}$  c. mashed, cooked pinto beans, 2 T. grated cheese, and 1 tsp. tomato paste

2 c. finely chopped mushrooms, sauteed slowly in butter until browned.

The filled and glazed turnovers may be frozen before baking. Do not defrost before baking.

Barbara Rinker

#### FISH CRESCENTS

4 oz. butter	Curry powder
4 oz. cream cheese	Salt
4 oz. flour	Freshly ground pepper
2 tins sardines, drained	2 eggs, hard boiled and
Lemon juice	finely chopped
2 T. finely chopped parsley	

Combine butter, cream cheese, and stir until mixture is well blended. Add flour. Mix with a fork. Knead dough and form it into a ball before chilling. Refrigerate for 1 hr.

Filling

Mash sardines. Add a little lemon juice, curry powder, salt, freshly ground pepper to taste. Add finely chopped hard-boiled eggs and parsley. Mix Well.

To Make and Fill Crescents

Roll dough on a floured surface to about  $\frac{1}{4}$  in. thickness. Cut into 4 in. squares. Cut squares in half to form triangles. Place a tsp. of sardine filling in centre of each. Roll from wide edge towards point, twisting ends to seal. Turn ends to form crescent. Place on baking sheet. Bake at  $450^{\circ}$  for about 7 min. or until golden brown. (Store covered in fridge until ready to bake.)

Jenny McConnachie

## PARTY PUFFS

These may be baked or fried. Heat  $\frac{1}{2}$  c. of water and  $\frac{1}{4}$  c. butter to rolling boil in saucepan. Stir in all at once  $\frac{1}{2}$  c. of flour. Stir vigorously over low heat about 1 min. until mixture leaves sides of pan and forms a ball. Remove from heat. Thoroughly beat in 2 eggs, one at a time. Beat mixture until smooth. Mix in  $\frac{1}{3}$  c. of grated parmesan cheese and  $\frac{1}{4}$  c. of finely chopped ham or dried beef. Drop from tsp. either onto ungreased baking sheet or into 1 c. oil heated to  $175^{\circ}$  in  $1\frac{1}{2}$  qt. saucepan. Fry until light brown, or bake 18 to 20 min. in preheated  $400^{\circ}$  oven. Makes about 36 puffs.

Louise Lee

## OLIVE CHEESE PUFFS

$\frac{1}{4}$ lb. grated sharp Cheddar cheese	$\frac{1}{2}$ stick butter
$\frac{1}{2}$ c. flour	pinch salt
$\frac{1}{2}$ tsp paprika	40 stuffed olives, drained



Blend cheese and butter. Add and blend well with hands the flour, paprika, and salt. Pinch off about 1 tsp. dough and pat out flat in hand. Place drained stuffed olive in center. Roll into a ball covering olive with dough. Chill at least 2 hrs. or freeze on cookie sheet. Bake 400° for 15 to 20 min. Serve hot.

Caryl Martin

### CHEESE-OLIVES

½ lb. sharp yellow cheese,	1 c. flour
grated	½ tsp. salt
½ c. butter	Middle size jar of
Dash of Worcestershire	pimiento-stuffed
sauce	olives

Blend the cheese, butter, and Worcestershire sauce, then the flour and salt. Now tidily wrap each olive (it's easy) in bits of resultant paste, and spread the little balls out in a pan to freeze until hard, about an hour. Finally, bake them at 425° for 12 min. Serve hot.

If you don't bake them all, put them in plastic bags (those that you do not cook when first making up the recipe) and store in freezer, ready for next time.

Marion Divine

### CRAB-STUFFED MUSHROOMS

3 doz. lg. whole mushrooms	1 tsp. chopped capers
1 7½-oz. can crab meat,	¼ tsp. dry mustard
flaked, drained	½ c. salad dressing
1 T. snipped parsley	or mayonnaise
1 T. chopped pimiento	

Wash and dry mushrooms. With a sharp knife, remove stems. Combine crab meat, parsley, pimiento and capers. Blend dry mustard into salad dressing; toss with crab meat. Fill each mushroom crown with about 2 tsp. crab mixture. Bake in 375° for 8 to 10 min., till hot. Makes 36 appetizers.

Mary Jane Keith

#### SHRIMP VADI

1 c. hushpuppy mix	salt, pepper to taste
3/4 c. cooked shrimp	1 tsp. lemon juice
1/4 c. parsley cut fine	1 tsp. sugar
1/2 c. onion cut fine	

Mix all ingredients with a little water; press into greased 8 in. round or sq. pan. Steam. Cut into small squares and serve garnished with parsley. May be deep-fried and served hot with coconut chutney

Beena Gokhale

#### CABBAGE FRITTERS

1 c. shredded cabbage	Juice of half a lemon
3/4 c. hushpuppy mix	1 onion, fully chopped
a little red pepper, curry powder, sugar, salt	Oil for deep frying

Mix cabbage, onion, salt, sugar, pepper, curry powder and hushpuppy mix; moisten with lemon juice and water, to a consistency where the mixture can be spoon dropped into hot oil until brown and crisp. Serve hot with coconut chutney.

Beena Gokhale

## COCONUT CHUTNEY

3/4 c. grated coconut	1 tsp. sugar
Hot green slim peppers, 2	1 tsp. lemon juice
or 3, depending on how	1½ tsp. cumin seed
hot the chutney is re-	Salt as required
quired	

Combine all ingredients in blender; add ½ c. water and grind until made into paste. (Add more water if needed, little at a time to help grinding procedure.) To be served with Cabbage Fritters and Shrimp Vadi.

Beena Gokhale

## DOWN EAST CLAM FRITTERS

2 cans minced clams (Snow's)	Self-rising flour
1 egg	Deep fat for frying
Pinch of soda	(Wesson Oil)
1 small onion	

Drain 1 can of the clams. Use liquid and clams of the other can. Make stiff cake-like batter of flour, egg, soda and clam liquid. Add onions, chopped very fine and clams. Fry in deep fat (very hot). Turn and drain. Serve immediately.

This recipe is from down in the eastern part of North Carolina around Wilmington.

Marjorie Felmet

## GOURMET SHRIMP

1 c. catsup	1 clove garlic, minced
¼ c. sauterne	1 tsp. dill weed
2 T. snipped parsley	1 lb. cleaned raw shrimp
* * *	(approx. 1½ lb. in
¼ c. butter or margarine	shell)

Combine catsup, sauterne and parsley. Chill several hours. Makes  $1\frac{1}{2}$  c. sauce in which to dip hot shrimp. Melt butter in blazer pan of chafing dish. Add garlic and dill. Cook several min. Add shrimp and cook 5 to 10 min. or until shrimp turn pink. Turn occasionally. Salt to taste.

Barbara Hills

### "2-BITE" PIZZAS"

1 lb. pork sausage	1 tsp. garlic salt
1 c. chopped onion	1 can tomato paste
$1\frac{1}{2}$ c. shredded sharp cheese	1 4-oz. can tomato sauce
$\frac{1}{2}$ c. grated Parmesan cheese	2 cans Pillsbury Flaky biscuits (purple can)
$1\frac{1}{2}$ tsp. oregano	Mozarella cheese

Simmer sausage until half done. Add onion and cook until sausage is done. Drain. Add sharp cheese, Parmesan cheese, oregano, garlic salt, tomato paste and tomato sauce. Simmer 15 to 20 min. Cool. Take biscuits; separate each into 4 layers. Place on cookie sheet. Add sauce. Freeze on sheet. Remove and place in plastic bags in freezer.

When ready to serve, remove from freezer, add Mozarella cheese to each (amount depends on what you like) and bake in preheated 400° oven for 10 min. Yields 80 small pizzas.

From a dear friend at Nag's Head, whose house is always brimming with good things to eat!

Brenda McBride

## FONDUE BOURGUIGNONNE

Beef tenderloin, T-bone	Cooking oil
or sirloin steak cut in	Butter
bite size pieces (approx.	French bread, sliced
1 lb. for each 6 to 8	Sauce
guests)	

Put equal parts of melted butter and cooking oil into electric saucepan, fondue pot or chafing dish. Fat should be kept at approx. 210°

Barbara Hills

## SAUCES FOR BEEF FONDUE

Sour-Cream Blue Cheese Sauce

Combine 1 c. dairy sour cream,  $\frac{1}{4}$  c. crumbled blue cheese and a dash of Worcestershire sauce. Chill. Makes 1  $\frac{1}{3}$  c. sauce.

Red Sauce

Combine  $\frac{3}{4}$  c. catsup, 2 T. vinegar, and  $\frac{1}{2}$  tsp. prepared horseradish. Chill. Makes  $\frac{3}{4}$  c. sauce.

Caper Butter

Place  $\frac{1}{2}$  c. butter or margarine, softened, and 3 T. capers with liquid, in small mixer bowl. Beat until light and fluffy. Makes a generous  $\frac{1}{2}$  c. caper butter.

Garlic Butter

Whip  $\frac{1}{2}$  c. softened butter or margarine. Stir in 1 clove garlic, minced. If fixed ahead, chill; let come to room temperature before serving. Makes  $\frac{1}{2}$  c.



Creamy Horseradish Sauce

Combine 1 c. sour cream, 3 T. drained prepared horseradish,  $\frac{1}{4}$  tsp. salt and dash paprika. Chill. Makes  $1\frac{1}{2}$  c.

Tomato Steak Sauce

Mix one 8 oz. can tomato sauce,  $\frac{1}{3}$  c. bottled steak sauce, 2 T. brown sugar and 2 T. salad oil. Heat to boiling. Serve hot. Makes  $1\frac{1}{2}$  c.

Sour Cream Sauce

Add 2 T. paprika and  $\frac{1}{4}$  c. very finely minced onion to 2 c. sour cream. Add salt to taste. Dill weed may be used instead of paprika.

Mustard Sauce

Combine 2 c. mayonnaise, 2 T. tarragon vinegar and 3 T. dry mustard. Mix well and add salt to taste.

Barbara Hills

## CREAMY MUSHROOM SAUCE FOR BEEF FONDUE

Cook  $\frac{1}{2}$  c. chopped onions in 1 T. butter until tender. Stir in 1 T. flour. Add  $\frac{1}{2}$  c. whipping cream, 1 can (3 oz.) chopped mushrooms (drained),  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper. Heat until bubbly, stirring constantly. Remove from heat and stir in  $\frac{1}{2}$  c. sour cream...heat through. Serves 4.

Iona Reed

## COCKTAIL MEATBALLS

½ lb. ground beef	1 tsp. Soy sauce
1 small onion, minced	1 tsp. mustard pickle
Dash of garlic salt	relish (Heinz Hot Dog
½ tsp. of salt	Relish works fine)
Dash of pepper	Small pickled onions
1 tsp. Worcestershire	

Mix all ingredients, except pickled onions. Shape in ½ in. balls. Fry in lightly greased skillet until browned, shaking pan often. Serve with pickled onions on tooth picks. Makes about 3 doz.

Meatballs may be prepared and store in refrigerator until ready to serve. Then may be warmed in chafing dish.

Clara Allen

## COCKTAIL MEATBALLS

2 12-oz. bottles of	4 lb. ground beef
Chili sauce	4 eggs added to beef
2 lb. grape jelly	Salt
6 T. lemon juice	Pepper

Make meat balls small, combining meat and eggs, salt and pepper. Heat Chili sauce. Add jelly and lemon juice. Simmer with meat balls for 1½ hrs. Serve hot.

Dorothy Clougherty

## SPICED HOT MEATBALLS

1 lb. hamburger meat	Bread crumbs - herb
Garlic clove	stuffing
Oregano	Lemon juice
Salt and pepper	Parsley flakes

In large bowl sprinkle meat liberally with salt and pepper. Add garlic, parsley and a lot of oregano (1 to 2 T.) Add moistened bread crumbs or herb stuffing and mix well. Make into (bite size) balls. Bake at 350° till done. Sprinkle with lemon juice during baking.

Mary Jane Keith

#### EVA EKVALL'S FILLED MEAT BALLS

1 lb. ground chuck	6 Ritz crackers, crumbled
2 T ketchup	or ¼ c. bread crumbs
1 tsp. soy sauce	¼ tsp. sugar
1 egg	1/8 tsp. curry
½ tsp. Dijon mustard	1/8 tsp. black pepper
1 tsp. sour cream	

Mix until crumbs are not visible. Cut 3 Polish sausages into 10 to 12 pieces and wrap meat mixture around each to form a small ball. Preheat skillet 375°. Fry about 5 min. on each side. Lower heat and slow cooking for well done. Serve in chafing dish.

Barbara Rinker

#### PETE'S MEATBALLS

6 lb. meat (5 lb. ground	3 tsp. salt
chuck, 1 lb. sausage)	1 tsp. pepper
1 c. finely minced onion	2 eggs
1 T. Worcestershire sauce	

Mix all the ingredients together. Shape into bite-size balls. Oil frying pan lightly to keep meatballs from sticking. Brown about 25 to 30 meatballs at a time -- remove from pan to serving dish. Make a gravy of the following ingredients and pour over

the meatballs.

Pour off all but about 4 T. of the fat. Add about 4 T. flour. Stir until well browned. Add 2 cans strained onion soup, 1 c. evaporated milk. Stir until well blended -- continue stirring and dilute with water until consistency desired.

Maxine Moore

#### APPETIZER SAUSAGE BALLS IN BLANKETS

1½ c. sifted all purpose flour	2 c. shredded Cheddar cheese (or 2 4-oz. pkg. shredded Cheddar)
¼ tsp. red pepper	½ c. butter or margarine
1 tsp. paprika	1 lb. sausage
¼ tsp. salt	

Up to 1 week before serving: mix flour, curry paprika, salt and cheese. Cut in butter. Shape into a ball and refrigerate. Shape heaping tsp. of sausage in small balls. In large skillet, over med. heat, fry until well browned. Drain. Divide dough into as many pieces as sausage balls. Shape dough evenly around balls. Wrap and freeze. At serving time: preheat oven to 400°. Place frozen sausage balls on cookie sheet and bake 12 to 15 min. until golden. Serve with toothpicks. Makes 3 doz.

Betty Olive

#### SAUSAGE BALLS

1 lb. sharp cheese (grated) at room temperature	1 lb. pork sausage at room temperature
3 c. Bisquick	

Blend all ingredients together in mixer (on highest speed.) The sausage and cheese must be at room temperature. Make balls (approx. 1 tsp. of mixture) by rolling in the palms of your hands. Put on a cookie sheet and cook at 350° for 10 to 15 min. The cooked balls may be frozen. If so, put in the oven at 300° for 10 min. to warm them for serving. These make excellent "hot treats" for cocktail parties and are especially enjoyed by men.

Melinda Deriso

### SAUSAGE ROLL

3/4 lb. "loose" sausage  
1 regular recipe biscuit dough

Roll biscuit dough fairly thin and shape into a rectangle. Smear (not too thick) sausage over this and roll like jelly roll. Put in refrigerator (wrapped in foil). When ready to use, heat oven to about 400° Slice roll about 1/8 in. thick and cook till brown.

Lib Greason

### KABOBS

2 lb. lean pork or beef	1 T. ground cumin
½ c. peanut butter	½ tsp. chili powder
3 T. soy sauce	1 clove garlic, crushed
2 T. ground coriander	1 T. lemon juice

Cut meat in ½ in. cubes. Make paste of remaining ingredients in bowl. Add cubes of meat and rub peanut butter paste in well. Let marinate ½ hour. Thread on skewers and broil slowly 20 to 30 min (pork) or quickly 8 to 10 min (beef). Turn to brown all sides. These may be used as appetizers. For main



course, cut meat in 1 in. cubes and serve with sauce made from:

1 c. Soy sauce	$\frac{1}{4}$ c. sherry
2 T. pineapple juice	$\frac{1}{4}$ tsp. salt
1 clove garlic, crushed	$\frac{1}{2}$ tsp. minced gingerroot

Boil ingredients, cool and strain. Use as dip or pass. Yield: 12 unusual and flavorful appetizers, or serves 6 as a main course.

Lenore Webber

#### APPETIZER PIE

1 8-oz. pkg. cream cheese	1 small jar chipped beef,
2 T. milk	cut up fine
2 T. instant minced onion	$\frac{1}{8}$ tsp. pepper
2 T. green pepper	$\frac{1}{2}$ c. sour cream

Cream cheese and milk. Combine with other ingredients and bake for 15 min. at 350° in a shallow baking pan.

Judy Pollock

#### ARTICHOKES AND TUNA

Artichoke hearts

Favorite tuna salad recipe

Cook fresh or frozen artichoke hearts according to directions or use pre-cooked canned hearts. Spread or spoon tuna salad on each heart. Makes a tasty party "finger-food."

Mary Jane Keith

## STUFFED CHERRY TOMATOES

Scoop out some of the pulp with a grapefruit knife. Fill with drained canned crab meat which has been mixed with a little mayonnaise. Arrange on a plate with lettuce. Makes a pretty and tasty appetizer.

Clarice Cox

## DEVILED CHERRY TOMATOES

1 small can deviled ham	Salt
2 pkg. 3 oz. cream cheese	36 tomatoes
2 T. grated onion	

Combine deviled ham, softened cream cheese and onion; mix well. Add salt to taste. Cut thin slice from top of tomatoes. Using pastry bag or spoon, put a decorative mound of ham-cheese mixture on each cherry tomato.

Jean Hooks

## ETHEL'S SHRIMP MARINADE

2 tsp. sugar	$\frac{1}{2}$ c. vinegar
1 tsp. dry mustard	$\frac{1}{2}$ c. Wesson oil
1 tsp. salt	2 to 3 tsp. lemon juice
2 T. Worcestershire	Dash red pepper
$\frac{1}{4}$ c. ketchup	Black pepper to taste

Mix the first 5 ingredients. Add the last 5 and beat well. Pour boiling water over 1 sliced onion; then drain. Add ice cubes to crisp  $1\frac{1}{2}$  lb. cleaned, boiled shrimp. Place alternate layers of shrimp and onions in a jar. Pour sauce over all and refrigerate 12 hrs. Keeps a long time in refrigerator and freezes well.

Barbara Rinker

## EVA EKVALL'S TOMATO SEAFOOD ASPIC (MOLD)

2 sm. green onions, diced	1 pkg. (12 oz.) King crab legs (cartilage removed)
4 ribs celery, diced	cut in 1 in. lengths

Mix and drain off liquid to dissolve gelatin in.

1 pkg. unflavored gelatin	2 T. Hellman's mayonnaise
2 T. Durkees	Drain liquid

Heat to dissolve gelatin.

1/8 tsp. black pepper	1 tsp. Soy sauce
1/8 tsp. curry	1/2 tsp. seasoning salt
1/8 tsp. sugar	

Add and mix all together well

2 10-oz. pkg. sm. frozen shrimp	4 sliced, hard-boiled eggs
1/2 tsp. capers	

Add and mix well.

1 12-oz. can tomato juice	1 tsp. Soy sauce
1 16-oz. can tomato juice	1 T. lemon juice
1 pkg. plain gelatin	1/8 tsp. black pepper
1 pkg. lemon Jello	2 T. horseradish
1 beef bouillon cube	1/2 tsp. onion salt

Mix and bring to boil so gelatin is dissolved.

Put bottom layer of aspic, then seafood built up to the center. Then pour rest of aspic over all and push down a bit. Congeal. Unmold on plate and surround with cucumber slices (or Cucumber Salad, below). Serve with crackers. Slices can be cut and eaten on cracker as with a cheese ball. Serves 25.

Cucumber Salad

2 lb. cucumbers, peeled and thinly sliced	1 tsp. salt 1 tsp. sugar
--	-----------------------------

Let sit 5 min. and then squeeze out.

1 T. lemon juice	1 tsp. vinegar
2 T. sour cream	$\frac{1}{2}$ tsp. strong mustard
$\frac{1}{4}$ tsp. salt	(or 1 tsp. regular )
$\frac{1}{4}$ tsp. onion salt	$\frac{1}{8}$ tsp. black pepper
$\frac{1}{4}$ tsp. Soy sauce	2 pinches sugar

Mix well with cucumber and top with 2 T. chopped parsley.

Barbara Rinker

### SHRIMP COCKTAIL SANDWICHES

Rinse a small can shrimp with cold water; chop and mix with coarsely grated cucumber and mayonnaise. Flavor with a little onion if desired. Spread on bread slices cut into desired shapes.

Jean Hooks

### SCOTCH EGGS

$\frac{1}{2}$ lb. ground beef	$\frac{1}{2}$ lb. ham, ground
Salt and pepper to taste	Beaten egg
1 egg, raw	Bread crumbs
3 eggs, hard boiled	

Mix ground beef, ham and slightly beaten egg together. Season. Divide into three parts. Shell eggs and roll in flour. Roll out one portion of meat on floured board. Place one egg in the middle and mould meat around it. Do same to other eggs. Coat in egg and bread crumbs. Fry in smoking hot fat for 5 min. Cool and halve. Serve 6.

Jenny McConnachie

## HAM AND CHICKEN PINWHEELS

2 chicken breast halves, skinned and boned	Dash pepper
4 chicken thighs, skinned and boned	1 tsp. basil, crushed, <u>or</u> 1 tsp. poultry seasoning and extra sage, mixed
4 thin slices cooked ham	2 tsp. lemon juice
Dasn garlic salt	Paprika

Pound meat to about  $\frac{1}{4}$  in. thick. Sprinkle seasonings evenly over meat. Place one slice of ham per breast half or  $\frac{1}{2}$  slice ham per thigh on chicken. Roll lengthwise with ham inside. Bake rolls seam side down in small baking dish. Drizzle with lemon juice and sprinkle with paprika. Bake at 350° for 35 to 40 min., or until tender. Chill and cut into  $\frac{1}{4}$  in. slices or pinwheels for party hors d' oeuvres.

Barbara Rinker

## CORNEED BEEF

3-4 lb. corneed beef	2 cloves garlic, minced
brisket	6 whole cloves
2 onions, sliced	2 bay leaves

Barely cover meat with hot water. Add onions, seasonings. Cover; simmer about 1 hr. per pound of meat or till tender. Remove meat from liquid. Good served warm or cool.

Serve with Swiss cheese and French bread.

Barbara Hills

## RARE EYE OF THE ROUND BEEF ROAST

1 3 lb. eye of round beef roast	$\frac{1}{4}$ tsp. pepper
2 tsp. salt	$\frac{1}{2}$ c. chopped onion



Season roast with salt and pepper. Put roast on rack in shallow roasting pan. Sprinkle chopped onion over and around meat. Roast, uncovered, at 325° approx. 1½ hrs. Helps to use meat thermometer because this roast must be baked rare or medium rare or it becomes tough.

Slice thin and serve with French bread.

Barbara Hills

### FRENCH BREAD

¼ c. lukewarm water  
1 pkg. dry or compressed yeast  
1 tsp. sugar  
1½ c. milk  
½ c. water  
2 tsp. salt  
5½ c. unbleached bread or all-purpose flour

½ c. white or yellow cornmeal

### Water-Salt Solution for

#### Brushing:

½ c. water  
½ tsp. salt

Sprinkle the yeast into ½ c. of lukewarm water. Add the tsp. of sugar and stir until thoroughly dissolved. Let set until double in volume.

Meanwhile, combine the milk, ½ c. of water and 2 tsp. of salt in a saucepan and heat to lukewarm. Pour the mixture into bowl, stir in the yeast, then slowly add 5 c. of the flour about ½ c. at a time, mixing until the mixture becomes a medium-firm dough that can be lifted up in a moist, solid mass. Knead for 10 min. using reserved ½ c. flour. Place it in a large, lightly buttered bowl, dust it with a T. of flour and cover the bowl loosely with a kitchen towel. Let the dough rise for approx. 1½ hrs. Then punch the dough down. Cover with a towel and let it rise again for about 45 min. or until it has doubled in volume.

Divide the dough into 3 equal portions. On a lightly floured surface, mold and shape each portion into a slightly tapered loaf about 2 in. in diameter and about 15 in. long. Scatter the  $\frac{1}{2}$  c. of cornmeal over the surface of a large jelly-roll pan or cookie sheet and on it place the loaves 2 in. apart. With a very sharp knife make diagonal slashes about  $\frac{1}{2}$  in. deep at 2 in. intervals on the top of each loaf.

Then dissolve the salt in  $\frac{1}{2}$  c. of water and with pastry brush, coat the bread lightly. Let the loaves rise for an hour until they double in bulk. Preheat the oven to 400° and set a large, shallow roasting pan filled with boiling water on the oven floor. Bake the bread on the shelf directly above the water for 15 min. Then reduce the heat to 350°, brush the bread with the water-salt solution, and after 10 min. brush the loaves again. Now bake the bread for about 20 min. longer, or until the loaves are crisp golden. Remove bread from sheet and cool before serving.

Barbara Hills

#### PARTY MIX

2 cans (3½ oz. each) French fried onions	1 pkg. (7 oz.) doughnut shaped oat cereal
1 can (2½ oz.) potato sticks	1 c. salad oil
1 lb. mixed salted nuts	1 T. Worcestershire sauce
1 pkg. (9 oz.) rice chex	1 tsp. seasoned salt
	1 tsp. barbecue spice

Combine onions, potato sticks, nuts and cereal in a large baking pan. Combine remaining ingredients and pour over mixture. Stir gently. Bake uncovered for 1½ hrs. in a 250° oven, stirring every 15 min. It makes a lot, but makes a nice gift packed in decorated coffee cans.

Opal Weatherly

## CHAMPAGNE PUNCH

Make an ice ring by filling a medium-size ring mold with water and freezing. In a large punch bowl pour 46 oz. can Hawaiian Punch and 6 oz. can frozen Lemonade, thawed. When ready to serve, add 1 qt. ginger ale, 1 bottle champagne and the ice ring. Float orange slices and strawberries on top. Serves 36.

Louise Lee

## FRUITED BURGUNDY COOLER

1 4/5 qt. bottle Burgundy	1 orange, thinly sliced
wine	1 lemon, thinly sliced
½ c. lemon juice	2 c. chilled sparkling
1 c. sugar	water

Combine all ingredients except sparkling water. Cover and chill for 3-4 hrs. Add sparkling water just before serving. Pour over ice. Serves 8.

S.N.O.B.S.  
(Society For Nourishment  
Of Body And Soul)

GRAMMIE'S BIRTHDAY PUNCH  
("Bloody Marys")

1 lg. can V-8	3½ lemons
1 pt. vodka	3 dashes Tobasco
2 T. Worcestershire	3 shakes each, salt, pepper

Pour over ice block in punch bowl. Serves about 23 4-oz. punch cups.

Served at my grandmother's 90th birthday party, and a New Year's tradition at our home.

Ann Esch

## APRICOT NECTAR PUNCH

Mix equal portions of apricot nectar, Vodka and club soda. Pour over ice. Garnish with maraschino cherries. Juice of cherries may be added if desired.

S.N.O.B.S.

## BLATZ' BEST 50-50 PUNCH

1 qt. dark Rum	Juice of 9 oranges
1 qt. light Rum	Juice of 9 lemons
10 oz. Grenadine syrup	Juice of 9 limes
2 c. pineapple juice	

Blend together well and let ripen several hours. Serve icy cold. Makes 1 gallon.

Maude Flory

## CITRUS FRUIT PUNCH

1 6-oz. can frz. lemonade concentrate	2 large bottles club soda, chilled
1 6-oz. can frz. orange juice concentrate	<u>Optional:</u> 1 bottle
1 6-oz. can frz. limeade concentrate	(1/5) Vodka

Blend fruit concentrates and Vodka if used. Pour over ice in large punch bowl. Gently add chilled soda just before serving. Approx. 20 to 25 servings.

Barbara Hills

## DAN'S PUNCH

3 6-oz. cans frz. lemonade concentrate	1 6-oz. can frz. limeade concentrate
1 6-oz. can frz. orange juice concentrate	1 fifth Gin or Vodka
	2 bottled club soda, chilled

Mix first four ingredients. Pour over ice. Gently add chilled club soda.

S.N.O.B.S.

## DAN'S FAVORITE PUNCH

1 lg. can plus 12 oz.	2 fifths Rum
canned pineapple juice	3 bottles club soda,
3 6-oz. cans frz. limeade	chilled
concentrate	

Mix first 3 ingredients. Pour over ice. Gently add chilled club soda.

S.N.O.B.S.

## ERIC PUNCH

$\frac{1}{4}$ lb. sugar	1 pt. lemon juice
1 fifth Gin	1 qt. strong tea
1 pt. Rum	1 tsp. bitters
1 qt. gingerale	

Add all ingredients except gingerale. Pour over ice in punch bowl. Just before serving add gingerale. Serves 9 to 10 adequately.

Jeanne Williams

## FRUIT PUNCH

2 large cans pineapple juice	1 small bottle lime juice concentrate
1 small bottle lemon juice concentrate	2 large bottles gingerale
	1 pt. Gin

Mix all ingredients except gingerale. Pour over ice. Garnish with lemon or lime slices and cherries. Just before serving add gingerale. Serves 12.

S.N.O.B.S.



## MINTED FRUIT PUNCH

- |                           |                         |
|---------------------------|-------------------------|
| 2 c. sugar                | 1 6-oz. can frz. pine-  |
| 1½ c. fresh mint leaves   | apple juice concen-     |
| 2 c. boiling water        | trate                   |
| ¾ c. lemon juice          | 2 large bottles ginger- |
| 1½ c. apricot nectar,     | ale, chilled            |
| chilled                   | * * *                   |
| 1 6-oz. frz. limeade con- | 1 qt. lemon sherbet     |
| centrate                  | 1 bottle (1/5) Vodka    |
| 1 6-oz. frz. orange juice |                         |
| concentrate               |                         |

Combine sugar, mint leaves, and boiling water. Stir to dissolve sugar. Cool. Chill. Strain into chilled punch bowl. Add lemon juice, nectar, concentrates and Vodka. Add gingerale last. Garnish with mint leaves.

Or omit Vodka. After adding gingerale scoop lemon sherbet into punch bowl. Makes 20 to 25 servings.

Barbara Hills

## PARTY PUNCH

- |                            |                         |
|----------------------------|-------------------------|
| 2 pkg. lime Kool Aide      | 1 bottle white Sauterne |
| 2 c. sugar                 | wine                    |
| ½ gal. pineapple juice     | 2 pts. grain alcohol    |
| 2 large bottles ginger ale |                         |
| 4 6-oz. cans frz. lemonade |                         |
- Mix all ingredients and pour over ice in punch bowl. This makes a rather sweet punch. Some may wish to reduce the amount of sugar.

Jeanne Williams

## RUM PUNCH

6 bottles light Rum	4 ripe bananas
6 bottles Jamaica Rum	1 ripe pineapple
1 lb. raw sugar	3 bottles dry white
2 whole vanilla beans	wine, chilled
3 doz. oranges	8 gallon crock
3 doz. lemons	Sliced fruit
3 limes	Gardenias
3 large grapefruit	Gingerale

Pour Rum into container (if metal must be stainless.) Add sugar and vanilla beans. Stir until sugar is dissolved. Halve citrus fruits, squeeze juice into Rum and drop in rind. Peel and slice bananas; peel, core and slice pineapple; add to Rum mixture. Let stand in a cool place for 2 days. Stir every few hours during day. On day of party remove pulp and rinds. Chill for several hours. Just before serving, add chilled wine and gingerale. Decorate with fruits and flowers. Serves 60 to 80.

Use coarse brown sugar if you can't get the raw sugar.

Lenore Webber

## TROPICAL PUNCH

1 large can (46 oz.) red Hawaiian punch	6 c. cold water
1 6-oz. can frz. lemonade concentrate	1 lg. bottle gingerale, chilled
1 6-oz. can frz. orange juice concentrate	<u>Option:</u> cut water to 3 c. and add 1 bottle (1/5) Vodka
1 6-oz. can frz. grape juice concentrate	

Combine fruit juices, water and Vodka. Pour over ice in large punch bowl. Rest bottle of gingerale on rim of punch bowl and carefully pour in gingerale. Makes 30 to 35 servings. An ice ring with orange and lemon slices and mint leaves is attractive with this punch.

Barbara Hills

## SUN VALLEY GLÜHWEIN

4 orange slices, cut crosswise	6 whole cloves
4 lemon slices, cut crosswise	3-inch cinnamon stick broken into 5 pieces
1 qt. Burgundy	1 c. sugar

In large saucepan, bring wine to simmering. Do not boil. Add fruit and rest of ingredients, stir to dissolve sugar. Over low heat, let stand about 10 min. Serve in punch cups with cinnamon stick in each. Makes 5 (6 oz.) servings.

Barbara Hills

## OLD-FASHIONED WASSAIL

1 c. water	1 bottle Sherry
½ tsp. ground nutmeg	2 10-oz. cans ale
1 tsp. ground ginger	2 c. sugar
1 2-inch cinnamon stick	6 eggs separated
3 whole cloves	½ c. cognac
6 whole allspice	36 whole cloves
2 whole cardamon seeds	12 spiced, whole crabapples

Combine water and spices in saucepan. Bring to boil and simmer 10 min. Strain. Add sherry, ale and sugar. Stir over low heat a few min. to dissolve sugar. Beat egg yolks well. Beat egg whites until stiff but not dry; fold them into yolks. Gradually, stir in half of sherry mixture; pour into heat proof punch bowl. Place remaining sherry mixture over moderate heat until it comes to a boil. Gradually stir into punch bowl. Stir in cognac. Place 3 whole cloves in each crab apple. Add to punch. Serve hot. Makes 22 5 oz. servings.

Barbara Hills

(This page reserved for your very own favorite)

# COMPANY IS COMING



EDITOR: Lenore Webber



In the Wake Forest community the saying, "Company is Coming," could herald the arrival of campus associates, students, guest speakers, family friends, relatives, or out-of-town guests. Most people enjoy combining the pleasures of dining and companionship. The recipes in this section may assist you in planning the right menu for that special occasion. Remember, your family will also enjoy these recipes. Enjoy yourself -- planning, preparing, eating, and entertaining.

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### "NO-FAIL" YEAST ROLLS

1 pkg. yeast (dissolve in warm water below)	1 stick melted butter or margarine
1 c. warm water	1 T. salt
3 eggs, <u>very</u> well beaten	4½ c. <u>unsifted</u> flour
1/3 c. sugar	

Mix all ingredients well. Let rise double. (Approx. 2 hrs.) Stick knife in 4 places and refrigerate.

To use, roll out rolls any way desired. Let rise 1 hr. Bake at 350° for 10 to 12 min. Yield: 2 to 3 doz. Will keep covered in refrigerator for a week. Easy because there is no kneading, etc.

Margaret Richardson

### ICE BOX ROLLS

4 T. butter	1 egg
4 T. shortening	3 c. flour
½ c. boiling water	1 yeast cake or 1 pkg. dry yeast
½ c. ice water	1 T. luke warm water
1 tsp. salt	
4 T. sugar	

Melt butter and shortening in boiling water. Cool and add ice water, salt, sugar, beaten egg, and yeast dissolved in warm water. Beat into this mixture ½ the flour, then the remainder. Place in a greased bowl, cover with waxed paper, and store in refrigerator. This dough will keep for a week. As rolls are desired, an hour before baking, pinch off bits of dough, roll and flatten, turn over from center as for pocket book rolls, and spread butter between top and bottom of roll. Let rise until double in size. Bake in mod. oven.

Iona Speas

## REFRIGERATOR ROLLS

- |                                    |                     |
|------------------------------------|---------------------|
| 1 scant c. hot faucet<br>water     | 2 tsp. salt         |
| 1 c. shortening (melted<br>Crisco) | 2 eggs, beaten      |
| $\frac{1}{2}$ c. sugar             | 2 pkgs. yeast       |
|                                    | 1 c. lukewarm water |
|                                    | 6 c. unsifted flour |

Blend water, shortening, sugar and salt. Let cool. Add eggs. Let yeast dissolve in lukewarm water for 5 min. Add to mixture. Add flour and blend well. The dough may either be placed in a tightly covered dish to rise overnight in the refrigerator or left in a bowl covered with a towel at room temperature for at least 4 hrs. The dough is then rolled out in small portions, cut and folded to make Parker House rolls. Rolls must then rise 2 more hours prior to baking. Yield: approx. 50 rolls

Hint: melt butter and place between fold and then over tops of rolls. Dough may also be rolled into rectangular shape, covered with butter and cinnamon-sugar and rolled into cinnamon rolls.

Sara Ingram

## HAM AND CHEESE CRESCENTS

- |  |  |
|--|--|
| 1 can refrigerated cres-<br>cent dinner rolls          | 3 thin slices boiled<br>ham, cut into thirds |
| $\frac{1}{2}$ c. grated <u>sharp</u> Cheddar<br>cheese |  |

1. Unroll dough according to directions on can.
2. Place a piece of ham on each section of dough. Sprinkle with cheese.
3. Roll dough around cheese and ham to form crescent shapes, according to directions on can.
4. Arrange on baking sheet and bake in mod. oven (375°) for 15 to 20 min., until golden. Serve hot. Makes 8 rolls. Peps up a bland menu.

Clara Allen

## ORANGE BISCUITS

1½ c. flour	2 T. dry milk
1½ tsp. baking powder	3 T. lard
¾ tsp. salt.	½ c. orange juice

Follow general directions for making biscuits, adding orange juice last. Bake 450° 10 min.

Pat Williard

## YORKSHIRE PUDDING

2 c. flour	2 c. milk
½ tsp. salt	beef drippings
3 eggs, well beaten	

Sift flour and salt together into bowl. Add beaten eggs and milk. Beat with wire whip. (Grandma used to mix this up after the roast went in the oven and then give it a few whisks each time she walked by.) Lots of beating is important. Pour batter into hot baking pan (9 x 9 in.) containing 4 T. hot beef drippings. Have fat bubbling rapidly. Bake at 450° for 30 min then reduce to 350° for 15 min. or bake in muffin tins for 30 min. at 450°. Serves 6 to 8.

A delicious carry-over from our British background.

Lenore Webber

## TEA GARDEN SALAD

2 pkg. orange Jello	1 large can pineapple
2 pkg. Knox Gelatin	(crushed)
1 can apricots	1 can water chestnuts
1 can mandarin oranges	

Dissolve Jello in 1 c. boiling water; add to this 1 c. strong hot tea. Soak gelatin in  $\frac{1}{2}$  c. cold water; then place in warm oven until dissolved and add to Jello and use juices from fruits. Add fruits and thinly sliced water chestnuts.

### Dressing

$\frac{1}{2}$ c. whipping cream	2 T. frozen orange
$\frac{1}{2}$ c. mayonnaise	juice

Whip cream; add frozen orange juice while whipping. Then mix with mayonnaise.

Marion Divine

### CINNAMON CANDY SALAD

Dissolve: 1-3-oz. pkg. cherry gelatin in 1 c. hot water.  
 $\frac{1}{4}$  c. cinnamon candies in  $\frac{1}{2}$  c. boiling water.

Put two mixtures together; let cool.

Add: 1 c. chopped apples  
 1 c. chopped celery  
 1 c. chopped English walnuts

Chill until firm. A very quickly made salad with an unusual flavor provided by the cinnamon candies.

Kathryn Dimmick

### CHERRY SALAD WITH SOUR CREAM SAUCE

1 6-oz. pkg. cherry Jello	1 No. 2 can dark sweet,
2 c. hot water	pitted cherries,
1 c. cold water	drained and sliced
1 c. sweet dark red wine	

Dissolve Jello in hot water; add cold water and wine. Jell slightly in refrigerator. Add cherries. Chill until firm.

### Sour Cream Sauce

1 pt. sour cream	1 T. confectioners; sugar
1 tsp. lemon juice	3/4 c. miniature marshmallows

Combine ingredients and chill. Serve with Cherry Salad. Serves 8 to 10

This is a delicious salad to serve with chicken or turkey.

June Stoll

### CRANBERRY MOLD

1 c. ground raw cranberries	1/2 c. broken English
1 c. ground unpared apple	walnut meats
1 c. sugar	1 pkg. Lemon Jello
1 c. hot water	
1 c. pineapple syrup	6 slices pineapple
1/2 c. small Tokay grape	lettuce
halves	

Combine cranberries, apples and sugar. Cranberries and sliced apples may be put through a meat grinder (method I have always used). Dissolve Jello in the cup of hot water, then add cup of pineapple syrup (by packing down the pineapple slices a cup of syrup will be available from the can of slices). Chill until partially set. Add cranberry-apple mixture, grape halves and nut meats. Pour into individual molds which have been slightly greased with salad oil. Unmold on pineapple slices on crisp lettuce. Pass cream mayonnaise\*. Serves 6. May also be made in a ring mold.

\*Cream mayonnaise: combine whipped cream and mayonnaise.

Marion Divine

## APPLESAUCE-CRABAPPLE SALAD

- |                                    |  |
|------------------------------------|--|
| 1 3-oz. pkg. lemon gelatin         | $\frac{1}{2}$ tsp. salt                        |
| 1 c. hot water                     | $\frac{1}{2}$ c. chopped red spiced crabapples |
| 1 can (1 lb.) sweetened applesauce | 1 3-oz. pkg. cream cheese, cubed               |
| 1 T. lemon juice                   |  |

Dissolve gelatin in hot water. Stir in applesauce, salt, and lemon juice. Chill until slightly congealed. Fold in remaining ingredients and chill until firm.

A tart salad which goes especially well in a meal with baked chicken, turkey, and fresh pork roasts, too!

Kathryn Dimmick

## AVOCADO MOUSSE

- |                                 |  |
|---------------------------------|--|
| 4 c. avocado, mashed            | $\frac{3}{4}$ c. whipped cream   |
| 1 tsp. salt                     | 24 small shrimp, marinated in lemon juice, salt and freshly ground pepper. |
| 2 envelopes unflavored gelatine | Lettuce, shredded and chilled, <u>or</u> watercress                        |
| $\frac{1}{2}$ c. cold water     |  |
| 1 T. lemon juice                |  |
| 2 T. grated onion               |  |
| $\frac{3}{4}$ c. mayonnaise     |  |

Peel and mash avocados (or blend in electric blender.) Add salt. Mix gelatine in cold water to soften and beat over boiling water to dissolve. Stir gelatine into avocado and add lemon juice and grated onion. Refrigerate until mixture begins to jell. Then fold in mayonnaise and whipped cream. Turn into 6 c. mold. Cover tightly with waxed paper or Saran wrap and chill thoroughly (until set.) To unmold, dip mold in hot water for about 5 seconds. Unmold on bed of shredded lettuce or watercress and garnish with iced marinated shrimp. Serve with mayonnaise. Serves 6.

Malinda Overby



## SHRIMP AND ASPIC SALAD

1 can tomatoes (1 lb.)	1 c. water
1 tsp. salt	1 tsp. powdered cloves
Small onion, diced	1 tsp. cinnamon

Simmer above  $\frac{1}{2}$  hr. and strain. Add 2 pkg. lemon Jello and stir till dissolved.

Add: 1 pkg. (1 lb.) cooked shrimp (cleaned)  
1 c. celery diced  
1 small can peas  
1 small jar stuffed olives, cut up

Serves 10 from ring mold.

Julia Bronner

## ENSALADA DE NOCHE BUENA

3 meaty oranges	1 small green pepper
1 cucumber	* * *
1 sweet, red Italian onion	Lettuce leaves
	French dressing

Peel and slice oranges, discarding seeds. Strip peel alternately from cucumber and slice. Slice onion and separate into rings. The green pepper is most attractive sliced into whole rings, but may be sliced into strips. Arrange fruit and vegetables in a nest of large lettuce leaves. Serve very cold with Kraft's "Miracle French" Dressing -- a clear French with a sweet tang. Serves 6 to 8.

This salad is a traditional Mexican salad for Christmas Eve. I always include it when serving tacos, frijoles refritos, and enchiladas. The citrus contrast is most welcome with Mexican food. Other recipes for this salad call for beets, red apples, and pomegranate seeds. Apparently color is the prime ingredient for this salad.

Caroline McDonald

SALATA

3 qt. broken Romaine	1 tsp. black pepper
3/4 c. crumbled Feta cheese	2 tsp. chervil
1/3 c. olive oil	2 T. shredded parsley
1/4 c. garlic flavored red wine vinegar	1/4 tsp. salt
	* * *
	Olives for garnish

Crisp greens well. Place in salad bowl; crumble cheese over greens. Combine remaining ingredients in a jar and shake well. Pour over greens, toss lightly to coat each leaf with dressing. Garnish. 8 generous servings.

Karen Richardson

## WESTERN SALAD II

Lettuce, shredded	Crisp bacon, crumbled
Avocado slices	Cantaloupe balls

Serve with a sweet-sour French salad type dressing. Very good served with lamb kabobs for a party.

Isabelle Spurr

## CABBAGE SALAD

1 1/2 c. cabbage, finely chopped	1/2 c. cocoanut, shredded
3/4 c. peanuts, crushed	Salt, pepper, sugar, to taste
Parsley, chopped	2 tsp. lemon juice

Combine all ingredients except peanuts; add nuts just before serving. Serve with Beena's curries. Serves 6.

Beena Gokhale

## COMPANY VEGETABLE CASSEROLE

- 1 can artichokes (drain off liquid, rinse well in cold water and drain again)
- 1 can asparagus (your choice), drained
- 1 can water chestnuts (drain and thinly slice)

Make 3 to 4 c. of your favorite white sauce, using butter and whole milk. Add a little lemon juice and an egg yolk if you choose.

Place vegetables in casserole. Pour sauce over. Top with buttered bread crumbs and sprinkle with few dashes of paprika. Bake 20 to 30 min. at 350°. Yield: 8 to 10 servings.

Marjorie Angell

## VEGETABLE CASSEROLE

- |                                      |                           |
|--------------------------------------|---------------------------|
| 2 c. medium white sauce              | 1 pkg. frozen lima beans, |
| $\frac{1}{4}$ c. Parmesan cheese     | cooked                    |
| 1 tsp. salt                          | 1 pkg. frozen corn        |
| $\frac{1}{4}$ tsp. white pepper      | 2 c. buttered bread       |
| $\frac{1}{4}$ c. chopped pimiento    | crumbs                    |
| $\frac{1}{2}$ c. chopped green onion |                           |
| <u>tops</u>                          |                           |

Blend salt, pepper and cheese into white sauce; add vegetables, pour into casserole. Top with buttered bread crumbs and bake at 350° for 30 min. Serves 6 to 8.

Sue Hendricks

## APPLE-CRANBERRY CASSEROLE

- |                                    |                              |
|------------------------------------|------------------------------|
| 3 c. apples                        | $\frac{1}{2}$ c. brown sugar |
| 2 c. cranberries                   | $\frac{1}{3}$ c. flour       |
| $1\frac{1}{4}$ c. granulated sugar | $\frac{1}{3}$ c. pecans      |
| $1\frac{1}{2}$ c. oats             | 1 stick margarine, melted    |

Place unpeeled chopped apples, cranberries, and the granulated sugar in the bottom of a casserole. Blend the oats, brown sugar, flour, finely chopped pecans, and melted margarine and pour over the mixture in the casserole. Bake at 350° for 1 hr. Makes 8 servings.

This is good to serve with ham and other pork, or chicken and turkey. It may be prepared ahead, refrigerated and baked while the meal is cooking. Any left over freezes well.

Ruth P. Lawrence

### VEGETABLES VINAIGRETTE

#### Marinade

1½ c. cider vinegar	½ tsp. pepper
¾ c. olive oil	½ tsp. leaf oregano,
2 tsp. salt	crumbled
1 small clove of garlic,	½ tsp. leaf thyme,
finely chopped	crumbled

Combine and beat until blended.

#### Vegetables

1 can (1 lb.) cut wax beans	2 cans mushroom caps
1 can (1 lb.) cut green beans	1 can (large) asparagus
1 can (1 lb.) diced carrots	1 small head cauliflower, cooked and drained (cut into center so servings are easily accessible)
1 can (1 lb.) diced beets or whole small ones	

Drain all canned food well. Pour about ½ c. marinade over each vegetable in a separate container for chilling overnight. Cauliflower should be placed

upside down in a bowl to chill overnight, with the remaining marinade poured over it. Turn vegetables occasionally in containers to coat well with marinade.

To serve, place the cauliflower in center of platter with vegetables arranged separately in design around it (or the green and wax beans may be combined, the beets and carrots combined). Serves 10 to 12.

Clara Allen

#### ASPARAGUS-PIMENTO-EGG CASSEROLE

2 cans green asparagus	1 small can pimento
5 hard-cooked eggs, sliced	$\frac{1}{2}$ lb. sharp Cheddar cheese (sliced)
2 cans Cream of Mushroom soup	$\frac{1}{2}$ c. cracker crumbs

Spread asparagus over bottom of buttered oblong casserole. Add layer of eggs and strips of pimento. Pour undiluted soup over asparagus and eggs. Add thin slices of cheese. Top with cracker crumbs. Bake 325° for 40 min. Serves 12.

Nell Gentry

#### BROCCOLI WITH SAUCE

2 T. minced onion	$\frac{1}{2}$ tsp. salt
2 T. butter or margarine	$\frac{1}{8}$ tsp. cayenne pepper
1 c. sour cream	2 lb. (3 pkg.) broccoli,
$\frac{1}{2}$ tsp. poppy seeds	cooked
$\frac{1}{2}$ tsp. paprika	

Saute onion in butter; remove from heat. Stir in sour cream, poppy seeds, paprika, salt and cayenne pepper; heat over boiling water. Arrange hot broccoli on heated platter; pour warm sauce over top.

Some persons like to sprinkle  $\frac{1}{3}$  c. chopped salted peanuts or cashews over top of sauce. Makes 6 to 8 servings.

Barbara Hills

#### CHEESE BROCCOLI

2 (10 oz.) pkg. frozen broccoli spears	2 T. butter
$\frac{1}{2}$ tsp. salt	1 can condensed cheese soup
$\frac{1}{8}$ tsp. pepper	1 T. lemon juice
6 tomato slices	

Cook broccoli as directed. Drain. Arrange in a 10 x 6 in. baking dish. Place tomato slices along outside edge. Sprinkle with salt and pepper. Dot with butter. Blend soup and lemon juice until smooth. Pour into center of casserole. Bake for 20 min. at  $350^{\circ}$ . Serves 6.

Ione Preseren

#### BROCCOLI CASSEROLE

1 pkg. frozen broccoli	1 egg
1 onion chopped very fine	$\frac{1}{2}$ c. grated cheese
$\frac{1}{2}$ can Mushroom Soup	Bread crumbs
$\frac{1}{2}$ c. mayonnaise	

Place cooked broccoli in casserole. Mix other ingredients except crumbs. Pour over broccoli in casserole. Place buttered crumbs on top and bake  $350^{\circ}$  for 45 min. to 1 hr. Serves 4 to 6.

Malinda Overby



## BRUSSEL SPROUTS, ONION BUTTER

2 medium onions, sliced	1 c. chicken stock
6 T. butter or margarine	Salt and pepper to
4 pkg. (10 oz.) Brussel sprouts	taste

Saute the onion in butter very slowly until soft and golden brown. Cook the sprouts in chicken stock in a large kettle steaming them just until tender. Drain; toss with onion butter. Season with salt and pepper. Serves 12.

Barbara Hills

## COMPANY CAULIFLOWER

Medium head cauliflower	1 c. shredded sharp
1 c. sour cream	process American
2 tsp. toasted sesame seed	cheese

Rinse a medium head of cauliflower; break into flowerets. Cook covered in small amount boiling salted water until tender, 10 to 15 min.; drain well.

Place half the cauliflower in a 1 qt. casserole; season with salt and pepper. Spread with  $\frac{1}{2}$  c. sour cream and sprinkle with  $\frac{1}{2}$  c. shredded cheese. Top with 1 tsp. toasted sesame seed\*. Repeat layers. Bake at 350° till cheese melts and sour cream is heated through, about 5 min. Serves 6 to 8.

\* To toast sesame seed, place in shallow pan in 350° oven for 10 min. or until brown, shaking occasionally.

Barbara Hills

## PERFECT-EASY-CORN PUDDING

1. Beat 3 eggs until whites and yolks are blended.
2. Add  $\frac{1}{2}$  c. sugar and 1 slightly rounded T. flour.
3. Add 1 can drained Green Giant Niblets corn, preferably slightly chopped.
4. Bring just to boiling  $1\frac{1}{2}$  c. milk and 2 T. butter (not margarine). Add to corn and egg mixture.
5. Pour into baking dish. Bake at  $350^{\circ}$  until firm and slightly browned -- about 35 to 40 min. Serves 6.

Marjorie Angell

## EGGPLANT CASSEROLE

- |                             |   |
|-----------------------------|---|
| 1 eggplant, medium size     | 1 egg                                   |
| 1 c. milk                   | 2 T. butter or margarine                |
| 12 plain crackers, crumbled | Salt to taste, after crackers are added |

Peel and dice eggplant into salted ice water. Let stand for 10 min., drain. Cook in boiling water until tender (about 30 to 40 min.). Drain thoroughly and mash fine. Add 1 T. butter or margarine, milk, slightly beaten egg and  $\frac{2}{3}$  of cracker crumbs. Mix remaining crumbs with rest of butter for topping. Salt to taste. Bake at  $425^{\circ}$  for 20 to 30 min. Do not overcook. Serves 4.

This was a favorite casserole at the YWCA cafeteria (which was closed several years ago.)

Peggy Shoemaker

## EGG PLANT CASSEROLE (SICILIAN STYLE)

- |                        |                        |
|------------------------|------------------------|
| 2 long egg plants      | Pepper (red and black) |
| 2 large or 3 med. eggs | Fresh parsley          |
| 1 c. tomato sauce      | Parmesan and/or Romano |

Pan fry sliced egg plant in oil (olive or Wesson), drain. Hard-boil eggs, then slice. In casserole dish, put 1 tsp. oil on bottom. Lay sliced egg plant to cover bottom of dish. Sprinkle red and black pepper to taste. Lay 2 to 3 slices egg on top. Cover sparingly with tomato sauce. Sprinkle with chopped parsley. Sprinkle with cheese. Continue with layers until entire egg plant is used. End with cheese on top. Cover with lid or aluminum foil. Heat in 325° oven until warmed through. Can be stored 2 days in refrigerator before or after heating in oven.

Barbara Stewart

#### GREEN BEANS ELEGANTE

1/3 c. chopped onion	1 c. sour cream
2 T. butter	2 pkg. frozen French style green beans
2 T. flour	1 c. shredded American cheese
1 tsp. salt	
1 tsp. sugar	
1/2 tsp. pepper	

Saute onion in butter. Blend in flour, salt, and pepper. Add sour cream, stirring constantly and cook over low heat until smooth and thickened. Add cooked beans and pour into shallow baking dish. Top with cheese. Bake in moderate 350° oven for 15 to 20 min.

Judy Pollock

#### PEAS INTERNATIONAL

1 pkg. (10 oz.) frozen peas	1 T. cornstarch
1/2 c. thinly sliced celery	1/2 c. cold water
1 1/2 c. boiling water	1/2 c. thinly sliced canned water chestnuts
1/2 tsp. salt	1/2 c. toasted slivered almonds
1 T. butter	
1 chicken bouillon cube	

Combine peas, celery,  $\frac{1}{2}$  c. hot water, salt and butter in tightly covered saucepan. Cook, covered, over low heat just until peas are tender and celery is tender, but retains some of its crispness. Add bouillon cube and allow to dissolve.

Combine cornstarch and cold water and stir until smooth. Add cornstarch mixture, remaining 1 c. boiling water and water chestnuts to peas. Cook just until thickened, stirring carefully while heating. Pour into serving dish and sprinkle almonds over top. Makes 4 servings.

Louise Lee

#### SAVOURY PEAS

1 pkg. frozen peas	$\frac{1}{2}$ c. grated coconut
1 T. oil	Few pepper-corns
1 tsp. mustard seeds	Salt

Heat oil, add mustard seeds; when just done (they will cease crackling) add as much water as is required by instructions on package; bring to a boil. Add peas, cooking time as required by pkg.; add salt. Blend coconut (fresh or packaged) and pepper corns (coarsely ground), and sprinkle over peas. Serve hot with slices of lemon.

Serve with Beena's curries.

Beena Gokhale

#### SWEET POTATO CASSEROLE

3 or 4 large sweet potatoes, cooked and mashed	$\frac{1}{2}$ tsp. grated orange rind
$\frac{1}{2}$ stick butter, melted	$\frac{1}{4}$ c. coconut
$\frac{1}{2}$ c. brown sugar	$\frac{1}{4}$ tsp. nutmeg
1 T. frozen orange juice	$\frac{1}{4}$ t. cloves
concentrate	$\frac{1}{2}$ tsp. cinnamon

Combine all ingredients and pour into buttered casserole. Bake at 350° for 25 to 30 min; place marshmallows on top and continue baking until golden brown. Serves 6 to 8.

Jean Christman

### SWEET POTATOES SOUTHERN

- |   |                              |
|---|------------------------------|
| 1 lb. sweet potatoes (3 med. size potatoes) | 3 T. butter, melted, or more |
| 2 tsp. salt                                 | Grated nutmeg                |
| 3 eggs, well beaten                         | Grated peel of 1 lemon       |
| 1½ c. confectioners' sugar                  | ½ c. brandy                  |
|   | ½ c. citron bits             |

1. Scrub the potatoes; cut out bruised portions and remains of roots. Cover with boiling water and add the salt. Cover and boil until potatoes may be pierced easily with a fork, about 20 to 30 min. Drain off water and remove the skins with a paring knife. Force the cooked sweet potatoes through a colander.
2. Preheat the oven to mod. (350°).
3. To the sweet potatoes, add the eggs, 1 c. of the confectioners' sugar, butter, nutmeg, grated lemon peel and the brandy. Stir the mixture until the ingredients are well blended.
4. Pour the mixture into a baking dish and bake until the top is lightly browned, about 30 min.
5. Remove from the oven and sprinkle with the remaining confectioners' sugar and citron bits.

Yield: 5 servings.

The recipe is given as it appeared in THE NEW YORK TIMES (date unknown) with an article by Craig Claiborne. I sometimes substitute granulated sugar and sparkling cider with 1 tsp. of brandy or rum flavoring. Unless the cider is sparkling, the flavor is flat. I usually omit the fifth step, as my meal is likely to be too heavy for this added sweetness.



This recipe was served at a Thanksgiving dinner at the Berkeley Plantation near Richmond, Va. The date of the first celebration of Thanksgiving at Berkeley Plantation, according to John J. Wicker, Jr., of Richmond, Va., is 4 December 1619.

Virginia Webb Cocke

### SPINACH CASSEROLE

$\frac{1}{2}$ lb. sliced bacon	1 tsp. salt
2 pkg. frozen chopped spinach	$\frac{2}{3}$ c. soft bread crumbs
2 eggs	$\frac{1}{2}$ c. shredded Cheddar cheese
1 c. milk	Paprika

Dice bacon and broil until crisp. Drain on absorbent paper. Cook spinach according to directions on pkg.; drain thoroughly. Beat eggs slightly. Add milk and salt. Stir in the spinach, bread crumbs, bacon, and  $\frac{1}{2}$  of the cheese. Pour mixture into a  $1\frac{1}{2}$  qt. baking dish. Sprinkle remaining cheese around the outside edge; sprinkle with paprika. Heat in a  $375^{\circ}$  oven for 30 min.

Betty May Barnett

### PINEAPPLE-ACORN SQUASH

3 medium acorn squash	2 T. brown sugar
1 8- $\frac{3}{4}$ oz. can crushed pineapple, drained ( $\frac{3}{4}$ c.)	2 T. butter or margarine
1 medium apple, chopped ( $1\frac{1}{4}$ c.)	

Wash squash; halve and seed. Place, cut side down, in shallow baking pan. Bake in  $350^{\circ}$  oven for 40 to 45 min. Turn cut side up; sprinkle with a little salt. Combine pineapple, apple, and brown sugar; fill squash



Dot each with butter or margine. Return to oven, bake 30 min. more or till squash is tender. Makes 6 servings.

Louise Lee

### SQUASH CREOLE

Peel, then cut into dice:

about 3 lb. yellow squash  
(or 1 medium-sized egg plant).

Cook for 10 min. in:

boiling salted water.

Drain. Place in a greased baking dish.

Melt:

3 T. butter.

Add and stir until blended:

3 T. flour.

Peel, slice and chop:

3 large tomatoes or 2 c. chopped, canned tomatoes.

Seed and chop:

1 small green pepper.

Peel and chop:

1 small onion.

Add the vegetables to the butter mixture with:

1 tsp. salt

1 T. brown sugar

½ bay leaf (optional)

2 cloves (optional).

Cook these ingredients for 5 min. Pour them over squash.

Cover the top with:

bread crumbs.

Dot them lightly with:

butter or grated cheese.

Bake in moderate oven 350° for about 30 min.

Maxine Moore

## BAKED TOMATOES

6 fairly large firm tomatoes	25 to 30 Premium Flake crackers, rolled fine
1 small onion, grated	6 slices bacon, crumbled
1 medium Bell pepper, grated	Bacon drippings
½ stick butter	Buttered bread crumbs

Scoop out tomatoes. To pulp add onion, Bell pepper and butter and cook about 30 min. Add cracker crumbs, crumbled bacon and drippings. Refill tomatoes, top with buttered bread crumbs, and a small strip of uncooked bacon. Wrap and freeze. Defrost well before putting in medium oven to heat until bacon on top is crisp.

This is especially good in the summer when tomatoes are excellent and plentiful. This recipe comes from a place with a wonderful name, Villula Tea Garden, near my home in Columbus, Georgia. When Ed and I were married, we had the rehearsal dinner there, with many Wake Foresters in attendance. They said the dinner was good, especially these tomatoes.

Emily Wilson

## BAKED SAVORY TOMATOES

Cut off a slice from the tops of 8 tomatoes. Carefully scoop out centers. Cook and drain ½ c. wild rice; chop finely 4 large sweet Spanish onions. Also prepare 1 c. chopped mushrooms. Cut 6 slices of bacon into small pieces and fry until crisp, drain. Fry onion and mushrooms in a little bacon fat until soft, not brown. Add chopped bacon and cooked rice. Season with salt and pepper. Mix well and stuff tomatoes with this mixture, heaping them up well. Bake 20 min. at 400°. Serve on bed of steamed broccoli.

Barbara Rinker

## BAKED TOMATOES WITH ARTICHOKE HEARTS

8 med. or large tomatoes	$\frac{1}{2}$ c. butter or margarine
1 pkg. froz. artichoke hearts, cooked (or use 1-15 oz. can of hearts)	1 tsp. salt
	$\frac{1}{8}$ tsp. pepper
1 c. chopped onion	1 tsp. sugar
1 clove garlic, crushed	2-3 c. dry bread crumbs

Cut a slice from the stem of each tomato, remove the pulp and chop into small pieces. Turn tomatoes upside down to drain. Saute the onion and garlic in  $\frac{1}{3}$  c. of butter. Cook only until transparent. Add tomato pulp and cook 5 min. longer. Season with salt, pepper and sugar. Add enough bread crumbs to bind (about 2 c.) Cook and stir until the bread crumbs have absorbed the moisture -- then add the drained artichoke hearts. Fill the tomato shell high with the stuffing. Sprinkle top with remaining bread crumbs and dot with butter. Bake 15 min. at 400°. Makes 8 servings.

This recipe was developed at Kansas State University and featured at the Memorial Union there. It was given to me by Dave's mother.

Barbara Hills

## WILD RICE AND ALMOND CASSEROLE

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ c. slivered almonds
1 c. wild rice (or $\frac{1}{2}$ c. wild rice, $\frac{1}{2}$ c. brown rice)	2 T. chopped chive
	$\frac{1}{2}$ lb. sliced mushrooms
	3 c. chicken broth

Put all ingredients except broth in heavy frying pan and cook until rice turns yellow, stirring constantly. Put into a casserole, add broth, cover and bake in 325° oven about an hour. Stir after  $\frac{1}{2}$  hr. Does no harm if it stands a while, which makes it a perfect "party" dish.

Louise Lee

## GNOCCHI A LA ROMAINE

1 qt. milk	1/8 tsp. pepper
½ c. plus 1/3 c. butter	1 c. Gruyere cheese, grated
1 c. hominy grits (not quick-cooking)	1/3 c. Parmesan cheese, grated
1 tsp. salt	

Bring milk to a boil. Add ½ c. butter cut into pieces. Gradually stir in grits. Resume boil and continue cooking, stirring all the while, until mixture takes on appearance of cooked farina. Remove from heat, season with salt and pepper and beat hard with an electric mixer for 5 min., until the grits take on a creamy appearance. Pour into a 13 x 9 x 2 in. casserole, and allow to set. Cut into rectangular pieces. Place them one over the other like rows of fallen dominoes, in buttered casserole dish. Over this pour 1/3 c. melted butter and sprinkle with grated cheeses. At serving time heat through in a hot oven, 400° for 30 to 35 min. or until slightly brown. Serves 6.

Betty Olive

## RING OF PLENTY

1 box elbow macaroni	2 T. minced onion
2 c. hot milk	2 T. parsley (fresh or dried)
4 T. butter or margarine	2 T. chopped pimento
2 c. soft bread crumbs	2 tsp. salt
2 c. shredded sharp cheese	¼ tsp. pepper
2 eggs, well beaten	

Boil and drain the macaroni. Combine with all other ingredients. Pour mixture into well greased ring mould. Set in pan of water and bake until "set" in 350° oven for 30 or 35 min.

Turn out on platter and fill center with plain buttered peas or peas with mushrooms.

Martha Knox Carr

CHILLES RELLENOS CON QUESO  
(Chiles Stuffed with Cheese)

½ lb. Monterey Jack or	Flour
Brick cheese	2-3 eggs
1 can (8 oz.) peeled green	2 T. flour
chiles	Fat for frying

Cut cheese in rectangles, 3 x 1 x ½ in. Stuff each chile (cut lengthwise) with a piece of cheese. Roll in flour. Make batter by beating whites of eggs until stiff and beating yolks lightly, separately. Fold yolks into whites, then fold in flour (2 T.) Stir until batter is slightly thinner. Drop the stuffed floured chiles into batter one at a time. Pick up each with a spoon and transfer to a saucer; then slide from saucer into about 1½ in. of mod. hot oil in fry pan. Fry til golden brown on each side; work quickly, 2 at a time. Drain well on absorbent paper and let stand. Don't worry if puffy coating deflates (it will puff up when heated in thin sauce).

Sauce: any taco sauce diluted in half with water. At serving time: heat chiles in oven with warmed sauce for about 5 min. If frozen: cover, put in oven 10 min., then add sauce. Chiles may also be stuffed with any meat, chicken or fish. Yields 6 to 8 servings.

Karen Richardson

CRAB CASSEROLE

8 slices white bread	4 beaten eggs
2 lb. crab meat	1 tsp. salt
¾ c. mayonnaise	1 can Cream of Mushroom
1 onion, finely chopped	soup
Some green pepper	1 c. grated cheese
1 c. chopped celery	Paprika to taste
3 c. milk	



Grease 16-in. baking dish and put in half the bread diced. Mix crab meat, onion, mayonnaise, green pepper and celery and place this on the diced bread. Trim crusts from remaining bread and place in slices on top of crab mixture. Mix beaten eggs, milk, salt, pepper and pour over all. Let stand in refrigerator overnight. Next day pour soup over casserole (do not mix in.) Sprinkle with cheese and paprika. Let stand at room temperature for 1 hr. Bake 1 hr. in 350° oven.

Lee Carter

#### CRABMEAT AND RICE ORIENTAL

½ tsp. Tabasco	1 6½-oz. can crabmeat,
2 T. salad oil	flaked
¼ c. chopped onion	4 c. cooked rice
¾ c. sliced celery	¼ c. Soy sauce
½ green pepper diced	2 eggs, beaten
1 can mushrooms, drained	

Cook onion, celery, green pepper in salad oil until tender. Add remaining ingredients (except for eggs) and cook slowly for 15 min. Just before serving stir in beaten eggs and stir until eggs are cooked.

Jeanne Williams

#### SHRIMP CASSEROLE I

2 lb. raw shrimp (or frozen or canned)	3 T. parsley, chopped
1/3 c. finely chopped onion	½ tsp. cloves
2 T. butter or margarine	½ tsp. marjoram
1 or 2 garlic cloves, minced	1 tsp. chili powder
1 c. raw rice	Dash of cayenne
1 lg. can tomatoes	1 T. salt
1 sm. piece of bay leaf	1/8 tsp. pepper
	2 c. chicken bouillon or canned consomme



Brown onion in butter with the garlic cloves. Into a casserole put the onion and garlic, the shrimp, rice, tomatoes and boullion or consomme. Add the rest of the ingredients. Cover tightly and cook  $1\frac{1}{2}$  hrs. at  $350^{\circ}$ . Serves 6.

If guests are late the casserole can stay in the oven another hour with no harm done. It is good reheated if there is any left over. It requires a 2 qt. casserole. I got this recipe from the Ladies Home Journal close to twenty years ago and it has never failed to be a success. Everybody likes it.

Betty Patrick

#### SHRIMP CASSEROLE II

3 lb. lg. fresh shrimp	1 tsp. salt
1 T. lemon juice	$\frac{1}{8}$ tsp. pepper
3 T. salad oil	$\frac{1}{8}$ tsp. mace
1 c. rice (about $1\frac{1}{2}$ c. cooked)	Dash of cayenne pepper
2 T. oleo	1 $10\frac{1}{2}$ -oz. can of tomato soup
$\frac{1}{2}$ c. minced green pepper	1 c. whipping cream
$\frac{1}{2}$ c. minced onion	$\frac{1}{2}$ c. Sherry

Cook shrimp, using Worcestershire sauce and vinegar in water. Drain, shell and devein. Place in a 2 qt. casserole. Add juice and oil. Cook rice. Mix with above and refrigerate. Melt oleo and saute green pepper and onion. Add other ingredients. Put altogether. Bake uncovered for 35 min.

Shirley Reece  
Lee Carter

## SEAFOOD CASSEROLE I

2 lb. sole or flounder fillets	2 T. Parmesan cheese, grated
2 cans frz. shrimp soup, defrosted to room temp.	1 T. butter
1 c. cooked lobster meat, fresh or frz.	1 T. Sherry, if desired, thickened with $\frac{1}{2}$ T. flour

Place fillets of fish in shallow, buttered baking pan. Spread over them the defrosted soup. Add flour and Sherry. Dust the Parmesan cheese over all. Dot with butter. Bake for 25 to 30 min. in a preheated 375° oven.

Remove from oven and place pieces of lobster around the edges of the baking pan under the bubbling sauce. Return to oven and broil for 5 min. longer. The broiling gives the cheese sauce a golden-brown color.

Note: If you do not like lobster you can add 1 c. cooked shrimp. This is a dish you can add to or subtract from as you choose. The only basic ingredients are the fillets and the frozen soup. This recipe will serve from 8-12 people. Excellent for a dinner party.

Ione Preseren

## SEAFOOD CASSEROLE II

Chop 1 onion, 1 c. celery, 1 green pepper and brown in butter. Dice 8 slices bread; put  $\frac{1}{2}$  into buttered 2 qt. casserole. Mix 2 cans (4 oz. size) shrimp, 1 can crab,  $\frac{1}{2}$  c. mayonnaise with onion, celery, pepper mix. Spread over bread in casserole and cover with remaining bread. Mix 4 eggs and 2 c. milk, pour over mix and refrigerate overnight. Next day, bake 15 min. at 325°. Remove from oven. Pour 1 can mushroom soup over mix. Sprinkle with grated American cheese and paprika. Return to oven and bake 1 hr. Serves 8.

Mary Anne Hayes

## BEENA'S CURRY

- |  |                                  |
|--|----------------------------------|
| 1 tsp sesame seeds                                       | 3 red peppers (approx.)          |
| 1 tsp. Tumeric   | $\frac{1}{4}$ tsp. ground ginger |
| 1 tsp. poppy seeds                                       | (or fresh, or crystal-<br>ized)  |
| 1 tsp. coriander seeds                                   | Little lemon juice               |
| 1 tsp. cumin seeds                                       |                                  |
| $1\frac{1}{4}$ T. mint leaves, chopped<br>(dry or fresh) |                                  |

Blend all together in a blender. Will be a paste.  
May be stored in refrigerator.

Beena Gokhale

## SHRIMP CURRY

- |                                    |  |
|------------------------------------|--|
| 1 lb. raw shrimp, frz. or<br>fresh | 3 tsp. lemon juice                                       |
| 3 med. size onions                 | 1 ripe tomato  |
| 1 c. grated cocoanut               | 3 tsp. curry powder (see<br><u>Beena's Curry</u> recipe) |

Brown sliced onion; remove  $\frac{1}{2}$  c. for grinding. Add shrimp and cook for a few min. (about 5); grind cocoanut, curry powder, onion, tomato and lemon juice in a blender and grind into a fine paste; add to the shrimp and onion and cook till the shrimp is cooked. There should be enough liquid left after cooking to serve with the rice; add water if required to allow enough liquid. Serves 6.

Beena Gokhale

## CABBAGE ROLL

- |                             |   |
|-----------------------------|---|
| 9 lg. cabbage leaves        | 1 T. lemon juice  |
| 1 sm. pkg. hush puppy mix   | 1 sm. onion, minced   |
| 1 T. curry powder*          | 2 T. chopped parsley  |
| $\frac{1}{2}$ T. red pepper | $\frac{1}{2}$ lb. shrimp, chopped (not<br>cooked) or 1 can shrimp,<br>chopped |
| Salt to taste               |   |
| 1 tsp. sugar (rounded)      |   |

Cover cabbage leaves with boiling water for 3 min. to wilt. Mix remaining ingredients to a smooth paste. Spread mixture evenly on a cabbage leaf, cover with another leaf; spread with mixture again, and cover with another leaf. Fold edges towards center; roll like a jelly roll. Steam until mixture is firm -- about 20 min. Let cool and slice. Serve cold with fresh grated coconut and minced parsley. Use about 3 leaves to each roll. Each roll will make about 10 slices. May be deep fried. I prefer the steaming to the frying method and use hush puppy mix as it saves on eggs.

Alternate method: You may substitute corn bread mix for hush puppy mix. Follow recipe as for muffins by adding one egg and 3/4 c. milk. Add the rest of the ingredients and spread evenly on cabbage leaves above. Bake at 450° for 15 min.

\* See Beena's Curry powder recipe.

Beena Gokhale

#### EASY SHRIMP CURRY WITH ALMOND RICE

1-2 T. butter	2 T. instant minced onion
1 can condensed mushroom soup	1 T. mild curry powder
1 c. sour cream	2 5-oz. cans (2 c.) cleaned shrimp or 10 oz. frz.

Heat butter and soup on low temperature until smooth. Add remaining ingredients, cover and heat through. Be careful not to over-heat...just be sure shrimp is heated completely. Serve over rice to which has been added 1 c. slivered almonds browned in butter. Yield: 4 servings.

Note: This is so very easy and quick, so is good if time is at a premium. I serve it with raisins, salted **nuts**, curried peanuts, and coconut chutney is good if you have it.

Norva Fagan

## SHRIMP CREOLE

2 c. cooked fresh (green) shrimp	1 tsp. salt
1 c. sliced onions	1 tsp. granulated sugar
1 c. diced celery	1 tsp. chili powder
$\frac{1}{4}$ c. green pepper, diced	1 T. flour
1 garlic clove, peeled and minced	$2\frac{1}{2}$ c. canned tomatoes
$\frac{1}{4}$ c. fat	$\frac{1}{2}$ c. water
	1 T. vinegar

Brown onion, celery, pepper and garlic in melted fat until tender. Add salt, sugar, chili powder, and flour that has been blended in  $\frac{1}{2}$  c. water. Simmer for 15 min. Add tomatoes, vinegar and cleaned shrimp. Heat thoroughly and serve over rice. Serves 6

This recipe was given to me by a lady in Louisiana, a real Creole! Good any time of year.

Marion Divine

## BAKED SEAFOOD

1 lb. shrimp, cleaned and cooked	3 T. lemon juice
$\frac{1}{2}$ lb. lump crab meat	$\frac{1}{4}$ tsp. Tabasco
$\frac{1}{2}$ lb. cooked lobster meat	1 tsp. salt
30 mushrooms	3 T. Sherry
	$\frac{3}{4}$ lb. butter

Divide seafood into 6 casseroles. Mix together the lemon juice, salt, Tabasco, Sherry, and all but 4 T. butter. Pour over seafood in equal amounts. Lightly brown the mushrooms in 4 T. butter and arrange 5 on each casserole. Bake in 450° oven 15 min. Serve with brown rice and green salad.

Pat Williard



## SEAFOOD CASSEROLE

6 oz. fresh or canned crabmeat	1 c. chopped celery
6 oz. fresh or canned shrimp	$\frac{1}{2}$ tsp. salt
1 med. green pepper, chopped	$\frac{1}{4}$ tsp. pepper
	1 c. (or more) mayonnaise
	$\frac{1}{2}$ c. buttered crumbs or crushed crackers

Combine all ingredients, spreading buttered crumbs on top. Bake in individual dishes or in casserole. If desired, add dash of Worcestershire or Tabasco sauce. Bake 350° for 35 min. or more. Fresh seafood enhances flavor.

Martha Knox Carr

## OYSTERS AU GRATIN

2 T. butter	$\frac{1}{8}$ tsp. Worcestershire sauce
3 T. flour	
1 c. milk	$\frac{1}{2}$ c. celery, finely diced
$\frac{3}{4}$ c. American cheese, grated	2 T. butter (in addition to above)
$\frac{1}{2}$ tsp. salt	1 pt. oysters
Dash of pepper	1 c. buttered bread crumbs

Melt 2 T. butter in sauce pan and stir in flour. Add milk gradually and cook until thickened, stirring constantly. Add cheese, salt, pepper, Worcestershire sauce. Saute celery in 2 T. butter until delicately browned and add to sauce. Then add oysters. Turn into shallow greased baking dish and top with buttered crumbs. Bake in hot oven (450°) 20 min. or until crumbs are browned. Garnish well with parsley. For 6.

Mary Anne Hayes



## SWEET AND SOUR PORK

- |  |                    |
|--|--------------------|
| 2 lb. pork cut into 1½ in. chunks                    | 1/3 c. cornstarch  |
| 3 T. Soy sauce                                       | 2 c. vegetable oil |
| 1 tsp. salt  | ½ c. vinegar       |
| 1½ T. chopped fresh ginger or 1 tsp. powdered ginger | 3/4 c. water       |
|  | 3/4 c. sugar       |

Combine pork pieces with Soy sauce, salt, fresh ginger and let stand for 20 min. Add cornstarch and mix well. Fry in deep hot fat until brown. Drain.

Make sauce of remaining cornstarch-Soy mixture. Add vinegar, water and sugar. Simmer til sauce is thick (add extra Soy sauce and cornstarch if necessary.) Add pork pieces and cook til pork is tender. (Drained pineapple chunks, green pepper, celery and onion may be added.) Serves 5-6.

Serve with rice and toasted sesame seeds. Chinese would also serve fish dish, chicken dish and vegetable dish. This is our favorite sweet-sour recipe.

Lenore Webber

## BARBECUED PORK LOIN

Place 3-5 lb. loin of pork in shallow pan; roast at 325° about 45 min. per lb. One hr. before meat is done, pour off drippings.

Combine:

- 1 can tomato soup (Campbell's)
- 1/3 c. each -- chopped onion and celery
- 1 clove garlic (minced)
- 2 T. each -- brown sugar, Worcestershire sauce and lemon juice
- 2 tsp. prepared mustard
- 4 drops Tabasco

Pour above mixture over meat. Continue roasting.  
Spoon sauce over meat often.

Louise Lee

### SHISH KEBABS

1 tsp. powdered ginger	1 c. lemon juice (about
1½ tsp. chili powder	4 lemons)
2 tsp. curry powder	1 c. dry red wine
½ c. salt	1 1/3 c. olive oil
½ c. grated onion	8 lb. lamb leg or shoulder in
2 lg. cloves garlic, mashed	1½ in. cubes

Combine everything except lamb. Pour over meat in a large bowl. Marinate at room temp. 12 -24 hrs. turning occasionally. Several hours before cooking add vegetables (mushroom caps, parboiled onions and pepper chunks) to marinade bowl, mix well. Alternate on skewers, adding cherry tomatoes or quartered large tomatoes; grill 15-25 min. Serves approx. 12-16.

Karen Richardson

### LAMB KABOBS

Use 2 lb. of leg of lamb or lamb shoulder. Cut into pieces which will fit on a skewer. Marinate lamb in this mixture:

½ c. orange juice	½ c. chili sauce
1 c. Rose wine	1 tsp. oregano
½ cooking oil	1 T. brown sugar
1 clove minced garlic	1 tsp. salt
½ c. chopped onion	½ tsp. pepper

Marinate meat several hrs. before placing on skewers, alternating with wedges of fresh tomatoes, whole

mushrooms, green peppers which have been parboiled for 5-10 min. After skewers are ready for broiler, sprinkle with garlic salt. Broil until meat is browned slightly, 5-10 min. Turn skewers and broil on other side for same time.

Isabelle Spurr

#### LAMB CURRY

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 c. raw white rice,<br>washed   | 2 c. cubed leftover<br>cooked lamb |
| 1 c. sliced onions               | 1½ tsp. curry powder               |
| 1 1/3 c. diced celery            | 3 c. leftover lamb                 |
| 1 peeled clove garlic,<br>minced | gravy (with added<br>water)        |
| 3 T. fat                         | ½ to 1 tsp. salt                   |

Cook rice as you usually prepare it for the every-grain-standing-alone look when completed. (I use the steam method of 1 c. raw rice and 1 c. water over boiling water, with salt added.) Meanwhile saute onions, celery, and garlic in fat in skillet until lightly browned. Add lamb, curry, gravy, replenishing liquid with water if needed. Thicken gravy if desired. Spoon hot buttered rice in ring on hot platter. Heap curry in center. Serves 5-6.

This is a leftover dish after first serving a leg of lamb roasted; this is a great way to use up the rest. For lamb eaters this is a treat--but some people do not like the taste of lamb; for those people I offer my great sympathy for the taste treats they are missing. Condiments which may be passed include shredded coconut, crumbled bacon, raisins, ground peanuts.

Marion Divine

### EINGEMACHTES KALBFLEISCH (Veal in White Sauce)

1½ lb. veal roast (rump or shoulder) without bones*	Some celery leaves * * *
2 T. butter or margarine	Broth
3 T. flour * * *	Salt to taste
1 clove	1 sm. onion, very fine cut * * *
1/3 bayleaf	2 T. white wine
4 peppercorns	1 egg yolk
Parsley	2 T. sour cream
½ carrot	1 anchovy or a little paste
	Lemon juice

Cut meat in 1 in. squares, pour hot water (boiling) over it so the meat stays white. Take meat out of water and dry. Saute onion in butter, put meat in but do not brown. Sprinkle flour over it, saute some more.

Pour in broth (made by cooking bones\* from roast) with salt and onion. Add the clove, bayleaf, peppercorns, parsley, carrot and celery leaves; remove these just before serving. Simmer for 1 hr. until meat is tender. This you can do a day or so ahead.

Just before serving, stir into the sauce the mixture of wine, egg yolk, sour cream, lemon juice. Do not cook again. Serve this German dish with rice or noodles to 6 people.

Ursula Traub

### ROMAN VEAL ROLLS

4 veal round steaks (10 x 4 x ½)	8 slices Swiss cheese
8 slices boneless boiled ham	½ c. evaporated milk
	¼ tsp. Tabasco sauce

Set oven at 350°. Cut veal steaks in half and remove bone. Stack a slice each of ham, veal and cheese. Roll up tightly, ham on outside, and fasten securely with toothpicks. Repeat, making 8 rolls. Place in greased 13 x 9 x 2 in. casserole dish, edges down. Cover with glass top or aluminum foil and bake near center of oven about 1 hr. 20 min. or until rolls are tender. Drain off drippings. Meanwhile mix together ingredients for sauce. Pour over rolls. Cover and return to oven for 20 min. more or until sauce is bubbly. Sprinkle about  $\frac{1}{2}$  tsp. parsley flakes over top.

Gail Rose

#### SPECIAL BEEF DINNER

Brown 1 4-lb. eye of the round all over in skillet and place in heated roaster or Dutch oven with 1 chopped onion, 1 clove garlic coarsely sliced. Wrap in a bundle 2 sprigs fresh parsley, 1 bay leaf, 1 tsp. dried thyme. Add  $1\frac{1}{2}$  c. water to skillet scraping sides for the brown bits. Bring to a boil and add to roaster along with 1 c. dry white wine, 3 c. chicken stock and 6 T. tomato paste. Cover closely and bake  $2\frac{1}{2}$  - 3 hrs. low temp. 250° until tender.

Remove meat and cover with foil to keep warm. Skim fat off broth (if any) and simmer 15 min. Strain liquid into a saucepan and simmer uncovered 45 min. to reduce liquid. Thicken with 2 tsp. cornstarch and 1 c. cold water. Stir for smoothness.

Scatter around beef a 3 oz. jar imported Spanish olives which have been covered with cold water and brought only to a boil. This can be done earlier also.

Drop 16 cocktail tomatoes into boiling water for 9-12 seconds. Drain and peel. Toss these in hot butter just to heat. Scatter around meat and pour sauce over all. There will be enough sauce for an extra dish. Good with rice. This may sound complicated but it really isn't and makes a delicious dish. Serves 8.

Dorothy Carpenter



## GOURMET CHUCK ROAST

3-4 lb. rolled, boned  
chuck roast

Butter or margarine

Stuffing: 3-4 green  
onions, chopped

Marinade: red, dry wine  
(Burgundy, Chianti)

1 6-oz. can chopped mushrooms

Wesson-type oil

3 T. chopped parsley

$\frac{1}{2}$  tsp. each marjoram,  
rosemary, thyme

Salt and pepper

1. 24 hrs. before roasting: place roast in pan or bowl with high sides. Pour over roast, to at least  $\frac{1}{2}$  covered, the marinade: 2 parts wine: 1 part oil and spices. Leave at room temp., covered, turning at least once.

2. Just before roasting: saute onions in butter or margarine, add mushrooms and parsley. Unroll roast, spread stuffing evenly, reroll and tie again.

3. Roast at 325°, on a rack, uncovered, with meat thermometer until desired degree of doneness.

Note: A thick chuck roast with bones in may be used. Have butcher cut a large pocket parallel to the flat side in the middle and put stuffing in that.

Karen Richardson

## BEEF AND KIDNEY PIE

2 lb. stew beef, cubed

1 tsp. salt

$\frac{1}{2}$  lb. beef or lamb kidney,  
cubed

$\frac{1}{2}$  tsp. pepper

$\frac{1}{4}$  lb. fresh mushrooms

Crust: 4 c. flour

10 oysters

1 $\frac{1}{2}$  sticks butter

1 $\frac{1}{4}$  tsp. chopped mixed herbs  
(sage, marjoram, thyme)

$\frac{1}{4}$  tsp. salt

$\frac{3}{4}$  c. beef stock or broth

$\frac{1}{2}$ - $\frac{3}{4}$  c. ice water

$\frac{1}{3}$  c. S herry



Mix flour, salt and shortening to kernel stage and add ice water. Mix till firm and springy. Set aside  $\frac{1}{2}$  of it. Roll out other into circle, and line 1 qt. basin with it.

Roll meat in flour, fill pan (or basin) with separate layers of meat, mushrooms, herbs and an occasional oyster. Add salt and pepper and fill to within  $\frac{1}{4}$  in. of top with beef stock and Sherry.

Cover with remaining pastry, dampen and press down edges. Cover top with buttered wax paper, then cover entire dish with floured cloth and tie securely on top. Set basin in boiling water and simmer covered 3-4 hrs.

This recipe comes from England. Traditionally it is served with brussel sprouts. Serves 6.

Malinda Overby

#### BEEF STRAGANOFF \*

1 $\frac{1}{2}$ lb. round steak, cut in inch cubes	1 c. canned tomatoes
$\frac{1}{2}$ lb. butter	1 T. vinegar
$\frac{3}{4}$ lb. fresh mushrooms	1 T. Worcestershire sauce
$\frac{1}{2}$ c. celery, chopped	1 pt. sour cream
$\frac{1}{2}$ c. onion, chopped	Salt and pepper to taste

Shake steak in paper bag with enough flour to cover pieces well. Saute in half the butter and remove to heavy pan. Add butter to what is left in skillet and saute mushrooms, onion and celery. Add to steak mixture. Wash skillet with tomatoes and add to steak. Cover and cook for 2 hrs. or until meat is very tender. Add cream, vinegar and sauce, and season with additional salt, if necessary. Serve on fluffy rice.

\* Usually spelled Stroganoff, but I have used the spelling in the Monticello Cookbook, where this recipe originally appeared.

Virginia W. Cocke

## BEEF STROGANOFF II

3 lb. round steak	1 8-oz. can mushrooms
3 T. butter	1 tsp. Worcestershire sauce
1 lg. onion, sliced	1½ tsp. MSG
4 T. flour	Salt and pepper
1 can condensed consomme	½ tsp. paprika
1 can tomato soup	½ c. sour cream

Remove all fat from meat. Cut into 2 in. long narrow strips. Melt butter and add meat. Stir back and forth till well browned. Add sliced onion and stir 2 min. Sprinkle flour over meat and onions. Turn to mix. Pour in consomme and soup. Cook stirring constantly till mixture boils and thickens; add mushrooms with juice and seasonings except sour cream and paprika. Cover and simmer 2 hrs. till meat is tender. Stir in sour cream and paprika. Serve with cooked rice or noodles.

Dorothy Clougherty

## BEEF STROGANOFF III

1. Dredge 1 lb. of sirloin beef, cut in strips, in 1 T. of flour and ½ tsp. salt.
2. Brown meat in 2 T. butter.
3. Add: 1 c. sliced mushrooms, ½ c. diced onion, 1 clove minced garlic.
4. Cook until onion is barely tender (3-4 min.) and then remove from skillet.
5. Make a rich sauce in same skillet with: 2 T. butter, 3 T. flour, 1 T. tomato paste.
6. Return meat, onion, garlic, and mushroom mixture to sauce and add 1 pkg. sour cream and 2-4 T. Sherry.

Can be served immediately or simmered slowly until serving time. Serve on noodles or rice. Serves 4-6.

Isabelle Spurr

## RED AND GREEN NOODLE BEEF CASSEROLE

1 pkg. green noodles cooked	1 3-oz. can mushrooms, chopped
1 c. sm. curd cottage cheese	½ c. stuffed olives, sliced
1 c. sour cream	1 4-oz. pkg. dried beef shredded
1 T. grated onion	¾ c. milk Cheddar cheese, grated
1 T. Worcestershire sauce	3 T. butter
¼ c. chopped water chest- nuts	

Combine all ingredients except Cheddar cheese and butter. Turn into large buttered casserole. Top with cheese, dot with butter, bake at 350° 40 min. Serves 8.

Iona Reed

## ENCHILADAS

12 tortillas

\* \* \*

Filling

1 lb. hamburger  
½ c. chopped ripe olives  
1 med. onion, chopped  
¼ c. chopped green peppers  
Salt  
Chili

Sauce

1 T. oil  
1 no. 2½ can solid-pack  
tomatoes, chopped  
2 tsp. chili powder  
Salt  
\* \* \*  
1 c. grated Parmesan cheese  
Sour cream

Mix filling ingredients together, set aside. Brown tortillas. Heat sauce and drop tortillas into it, one at a time, allowing them to stand until soaked and heated. Remove from sauce. Place filling, cheese and sour cream on each tortilla and roll. Arrange on large platter, folded side down, pour remaining cheese, cream and sauce over them. Bake at 325° 15-20 min. Serves 8-10.

Karen Richardson

## MY BEST ITALIAN SPAGHETTI SAUCE

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 lb. hot Italian sausage     | 1 T. salt                         |
| <u>or</u> ½ lb. stewing beef, | ½ tsp. fennel seed                |
| cubed, and ½ lb. pork         | 3 bay leaves*                     |
| chunks                        | 1 tsp. sweet basil*               |
| 4 T. cooking oil              | <u>*or</u> 1 T. Italian seasoning |
| 2 cloves garlic, minced       | 1 c. water                        |
| 2 no. 2½ cans tomatoes        | ½ tsp. cinnamon                   |
| * * *                         | 1 tsp. pepper                     |
| 2 6-oz. cans tomato paste     | 4 sprigs fresh parsley,           |
| 1 tsp. sugar                  | minced                            |

Brown meat and garlic in oil. Add tomatoes and cook slowly uncovered 1-1½ hrs. Add remaining ingredients. Cover and simmer 2-2½ hrs. Add meatballs the last hour.

Snirley Amen

## MY BEST ITALIAN MEAT BALLS

- |                                |                              |
|--------------------------------|------------------------------|
| ¾ lb. ground beef              | 3 sprigs fresh minced        |
| ½ lb. ground pork              | parsley                      |
| 8 finely rolled crackers       | 1 T. salt (or 2 tsp.)        |
| <u>or</u> 1/3 c. finely rolled | 1 tsp. pepper                |
| bread crumbs                   | 1/8 clove minced garlic      |
| 4 heaping T. grated Par-       | <u>or</u> ½ tsp. garlic salt |
| mesan cheese                   | 3 T. tomatoes                |
| 3 eggs                         |                              |

Place meat in bowl, add all remaining ingredients and mix thoroughly. Roll into balls and fry in hot fat in skillet until lightly browned. After adding to sauce, don't stir for first 20 min.

Shirley Amen

## SUKIYAKI

This dish is cooked in a skillet at the table usually. Therefore, arrange meat and vegetables on platter for eye appeal.

2 lb. sirloin or tenderloin	1 lb. mushrooms
Beef fat (suet) piece	1 T. sugar
2-3 med. size dry onions	1 c. bean cake (optional)
2-3 bunches green onions	1 head Chinese cabbage, cut in 1 in. slices
3 stalks celery with leaves	$\frac{1}{2}$ - $\frac{3}{4}$ c. water
1 can bean sprouts (optional)	$\frac{1}{2}$ c. Japanese Soy sauce
	1 tsp. Accent
	1 T. dry Sherry

Grease skillet with suet when very hot. Add  $\frac{1}{4}$  of the meat which has been sliced paper thin obliquely across the grain and then cut into pieces. (Can ask the butcher to do.) Stir the meat and brown lightly. Add  $\frac{1}{2}$  hard vegetables (dry onion, hard celery and cabbage) stir until cooked but firm. Add  $\frac{1}{2}$  soft vegetables (soft celery and cabbage, bean cake, sprouts, green onions.) Add water, sugar, Soy sauce. Accent to taste during cooking. Serve with steaming hot rice. Repeat cooking process until all is served. Serves 6-8

Mary Anne Hayes

#### MONGOLIAN FIRE POT OR HOT POT

This is our home-made version, contrived along with friends before the days of recipes. It may not be exactly authentic, but we enjoy it. We usually serve 6-8 people for a dinner. It's also good for a large party.

1. Prepare a rich chicken broth from soup parts plus carrots, onions, celery tops, vegetable juices, etc. Simmer for 4-5 hours. Strain. Fill bowl of Mongolian cooker.

2. Prepare the following sauces. Just before serving, distribute in small dipping bowls. It's best if only two people share a bowl of each kind.



a. Soy Dipping Sauce

$\frac{1}{2}$ c. lemon juice	1 tsp. grated fresh ginger
1 c. Soy sauce	$\frac{1}{2}$ c. chopped green onion
$\frac{1}{2}$ c. dry Sherry	$\frac{1}{2}$ tsp. white pepper
$\frac{1}{2}$ tsp. sugar	$\frac{1}{2}$ tsp. MSG

Combine ingredients. Let stand an hr. or so.

b. Curry Sauce

Combine 1 carton of sour cream with curry powder -- to taste. Let stand for an hr. or so.

c. Barbecue Sauce

Combine ketchup, brown sugar, cider vinegar, Tobacco sauce, and Worcestershire sauce to taste

d. Apricot Sauce

$\frac{1}{4}$ lb. dry apricots	$\frac{1}{3}$ c. cider vinegar
1 c. water	2 T. honey
$\frac{1}{4}$ tsp. salt	1 tsp. paprika
$\frac{1}{4}$ c. sugar	

e. Mixture of greengage plum jam and hot, home prepared mustard

f. Toasted sesame seeds

3. Prepare meat and vegetables cut in oriental manner (meat cut across the grain in thin 3 in. strips; vegetables cut diagonally.) Arrange attractively on platters and distribute within easy reach around the hot pot (generally shared between 2 people.)

a. beef -- flank or round steak

b. lamb -- shoulder

c. shrimp -- raw, whole



- a. mushrooms
- b. cauliflower
- c. green pepper
- d. celery
- e. bamboo shoots (buy whole and cut diagonally)
- f. water chestnuts
- g. other vegetables such as broccoli, green beans, crook-neck squash

#### 4. Prepare steamed rice.

Everybody gets a bowl of rice. The meats and vegetables are chosen from the platters, cooked in the boiling broth, dipped in chosen sauce and devoured. None of the food requires long cooking.

At the end of the meal the remaining delicious broth is dipped into the rice bowls and served as the last course.

Lenore Webber

#### POLLO HONDURENA (Chicken, Honduras Style)

- |                                    |  |
|------------------------------------|--|
| 4 T. olive oil                     | 2 T. capers                            |
| 2 cloves garlic                    | 12 stuffed olives                      |
| 1 chicken , 3-4 lb., cut in pieces | $\frac{1}{2}$ tsp. salt                |
| 2 tomatoes, peeled and cubed       | $\frac{1}{4}$ tsp. pepper              |
| 2 lg. pimentos                     | $\frac{1}{4}$ c. tomato juice or water |

Brown chopped garlic in hot oil, add chicken and brown all pieces well, turn as necessary. When well browned add tomatoes, pimentos cut in strips, capers, olives cut in half, salt, pepper and tomato juice. Cover and simmer over low heat for  $1\frac{1}{2}$  hrs. or until tender. Serve with steamed rice. Serves 6.

Mary Anne Hayes

## BROILED CHICKEN HALVES

Rub broiler halves with cooking oil, coating both sides. Salt and sprinkle generously with Soy sauce. Place, skin side up, on broiler pan and dot with margarine. Broil about 6 inches from unit until a deep golden brown. Now set oven for 325° and bake chicken about 1 hr. May be carved at table but please cook in halves.

Maude Flory

## MOTHER'S HELPER BAKED CHICKEN

4 whole chicken breasts,	1 stick butter or margarine
split	4 T. Worcestershire sauce
8 strips bacon	4 T. chopped chives

Cut 2 slashes across each half of chicken breast. Place half a strip of raw bacon in each slash.

Cream butter. Beat in Worcestershire sauce and chives. Spread mixture over chicken breasts.

Bake at 375° for 30-40 min. or until breasts are tender and brown. Baste chicken with pan drippings 4 or 5 times during cooking. Serves 8.

Betty Patrick

## POLLO EN ESCABECHE

1 chicken, cut up <u>or</u> just	1 c. oil
breasts	1 c. vinegar
3 lg. onions	Salt
6 carrots, sliced	
½ lemon, sliced	
1 T. bell pepper	

Brown the meat but don't completely cook it. Place the meat and ingredients in layers and simmer on top of the stove for 45 min. Don't cover the pan.

Muneca Rapela

### CHICKEN CACCIATORA

4 lg. chicken breasts	2 bay leaves
<u>or</u> thighs and legs	$\frac{1}{2}$ green pepper, chopped
2 sliced onions	$\frac{1}{2}$ c. dry white wine
1 lb. can of tomatoes	8-10 fresh mushrooms,
1 tsp. salt	quartered
Dash of pepper, celery	$\frac{1}{3}$ c. olive oil
seed, oregano, Italian	Dash garlic salt
seasoning	

Brown chicken in heated olive oil. Remove chicken. Cook onions in oil. Add everything else but wine and cook 5-7 min. Return chicken and cover and cook 50-55 min. Uncover and add wine and cook 10-12 min. more. Skim fat off sauce. Before serving, pour sauce over chicken.

Jackie Gulley

### ROSEMARY CHICKEN

2 chickens (cut-up)	1 chicken bouillon cube
$\frac{3}{4}$ c. flour	$\frac{1}{3}$ c. hot water
$1\frac{1}{2}$ tsp. salt	1 tsp. lemon juice
2 tsp. paprika	1 T. rosemary leaves
$\frac{1}{4}$ tsp thyme	$\frac{1}{2}$ c. parsley
$\frac{1}{2}$ c. margarine or butter	

Mix dry ingredients in bag. Shake chicken in mix. Place skin side down in baking dish. Dot with butter or margarine and bake at 450° for 25 min. Turn chicken. Dissolve cube in hot water; add lemon juice. Pour over chicken. Sprinkle with rosemary and parsley. Turn heat down to 350° and cook for 20-25 min. longer or until tender and brown.

Nell Gentry

## CHICKEN AND COUNTRY HAM

6 chicken breasts, skin removed  
 1 lb. country ham slices, fat removed  
 1 can cream of mushroom soup  
 A little parsley, chives, sage, salt, pepper

Cover ham with water; simmer in heavy skillet for about  $\frac{1}{2}$  hr; drain water. Cook chicken with a little water in oven at 300° for 1 hr. Add ham and mushroom soup to chicken. Cook for another hr. or until chicken is well done. Serves 6.

Annette Fraser

## HERBED CHICKEN EN CASSEROLE

6 large chicken breasts, naived	3/4 c. sauterne or vermouth
Salt and pepper	1 can water chestnuts, sliced
$\frac{1}{4}$ c. margarine * * *	1 can broiled, sliced mushrooms
1 can cream of chicken soup	2 T. chopped green pepper $\frac{1}{4}$ tsp. crushed thyme

Lightly season chicken with salt and pepper; brown slowly in butter in skillet. Arrange browned chicken in baking dish. For the sauce add soup to drippings in skillet; slowly add wine, stirring until smooth. Add remaining ingredients; heat to boiling. Pour sauce over chicken. Cover with foil and bake in moderate oven (350°) 25 min. Uncover; continue baking 25-35 min. or till chicken is tender. Serves 6.

Clara Allen

## CHICKEN POLYNESIAN

2 chicken breasts ( $1\frac{1}{2}$  #), boned, cut in strips.  
 Stir-fry in melted butter till brown and cooked. Set aside. Add 1 onion, 3 mushrooms sliced, 1 stalk

celery cut in diagonals,  $\frac{1}{2}$  green pepper cut in strips. Steam 1 min., covered.

Make paste of  $1\frac{1}{2}$  T. cornstarch,  $1\frac{1}{2}$  tsp. garlic powder, 1 tsp. dark brown sugar, pinch of salt, pepper, 2 T. cream Sherry, 1 T. vinegar, 1 T. Soy sauce, 3 T. crushed pineapple juice. Slow heat until thickened.

Add 1 T. pimento strips,  $\frac{1}{2}$  c. pineapple cubes, cover and steam 5 min.

Mary Anne Hayes

#### POULET FLAMBE

1 tender roasting chicken, sectioned  
Salt and pepper  
2 T. Cognac, warmed  
 $\frac{3}{4}$  c. heavy cream  
1 c. butter

Salt and pepper chicken. Brown quickly in butter. Lower heat and simmer about  $\frac{3}{4}$  hr. When almost done, remove and debone chicken. Raise heat, pour in warmed Cognac and blaze. Remove chicken after stirring. Add cream. Bring slowly to boil. Reduce heat and cook very gently stirring all the time with wooden spoon until sauce starts to thicken. Season to taste. Serve around rice. Pass sauce separately.

Leslie Chepenik

#### CHICKEN BIRIYANI

1 tsp. sesame seeds	3 med. onions
1 tsp. tumeric	6 pieces of chicken
1 tsp. poppy seeds	Lemon juice
1 tsp. coriander seeds	2 hard-boiled eggs
1 tsp. cumin seeds	Parsley
$1\frac{1}{2}$ T. chopped mint leaves	1 c. rice
3 red peppers	2 c. stock
$\frac{1}{2}$ tsp. ground ginger	$\frac{1}{2}$ c. cashew nuts
1 T. shortening	



Blend the first 8 spices in a blender, adding just a little lemon juice, into a paste. Rub half the mixture onto the pieces of chicken and leave at least for  $\frac{1}{2}$  an hr. (I left it overnight in the refrigerator) Then bake at 350° till golden.

Brown onion in melted shortening. Add cashews and rice and brown, stirring constantly (about 5 min.) Add remaining blended spices mixture, baked chicken pieces, hot stock; bring to a boil on top of stove. Bake covered at 350° until all liquid is absorbed. Serve hot garnished with sliced eggs and parsley. Serves 6.

Beena Gokhale

#### CHICKEN PILAF

1 c. rice (raw)	1 hard-boiled egg
2 c. chicken stock	Parsley for garnish
$\frac{1}{2}$ c. cashew nuts	1 T. shortening
$\frac{1}{2}$ c. raisins	$\frac{1}{2}$ c. chopped onion
1 c. cooked and boned chicken	Salt, pepper to taste

Brown onion in shortening, add raisins, cashews, rice; brown (about 5 min.) Add chicken; continue cooking, stirring all the time; add hot stock, bring to boil on top of stove; bake at 350° until water is absorbed (about 15 min.) Serve hot, garnish with slices of egg and with parsley. Serves 6. (Chicken may be substituted with lamb, beef, shrimp, cauliflower, potatoes, eggplant.)

Beena Gokhale

#### CHICKEN AND STUFFING SCALLOP with Pimento-Mushroom Sauce

1 8-oz. pkg. stuffing ( $3\frac{1}{2}$ c.)	$\frac{1}{4}$ tsp. salt - pepper
3 c. cooked chicken, cubed	4 c. chicken broth
$\frac{1}{2}$ stick butter	6 eggs, slightly beaten
$\frac{1}{2}$ c. flour	



Sauce: 1 can condensed  
cream of mushroom soup  
 $\frac{1}{4}$  c. milk  
1 c. dairy sour cream  
 $\frac{1}{4}$  c. pimentoes

Boil soup and milk.  
Add cream and pimentoes.  
Keep hot, but do not  
boil.

Prepare stuffing as directed on pkg. Spread in a greased 13x9x2 casserole. Top with a layer of chicken. Make sauce of butter, flour, seasoning and chicken broth. Cook 5 min. Add eggs, slightly beaten and cook 3 min. Pour sauce over chicken (or layer it with chicken) and let stand 5 min. to set. Bake at 325° for 45 min. Remove from oven and let stand for at least 10 min. Cut into squares and serve with mushroom sauce. Serves 12.

# Nannie Jones

## RAVIOLI

### Dough

2 c. flour

3 eggs

Place flour in bowl, make a well and add eggs. Mix together and knead until will hold together and is smooth. Cover with bowl and let set 1 hr. Roll out to about 1/8 in. thickness to fit ravioli form pan. Place filling by tsp. on dough where form has indentations. Cover with another piece of dough. Cut apart and allow to dry several hrs. Cooked filled ravioli in boiling salted water 15-20 min. Serve with spaghetti sauce.

### Filling

1 c. cooked chicken  
2 eggs

$\frac{1}{2}$  c. grated Parmesan cheese  
 $\frac{1}{4}$  c. cooked, chopped spinach

Put chicken through food chopper. Mix all ingredients together.

Note: Ravioli form pans are available through Maid of Scandinavia" mail order catalog.

Shirley Amen

### MRS. CROSBY'S HOT CHICKEN SALAD

3 c. diced cooked chicken	$\frac{1}{2}$ can cream chicken soup
2 c. chopped celery	$\frac{1}{4}$ c. sherry
2 tsp. grated onions	$\frac{1}{2}$ tsp. salt
2 tsp. chopped pimento	$\frac{1}{2}$ c. mayonnaise
1 tsp. Worcestershire sauce	$\frac{1}{4}$ c. chopped green pepper
	2 tsp. lemon juice
$\frac{1}{2}$ can cream mushroom soup	

Mix and put in greased casserole. Top with  $\frac{1}{4}$  c. grated cheese,  $\frac{1}{2}$  c. slivered almonds, and  $\frac{1}{2}$  c. crushed potato chips. Bake 30 min. at 350°.

Barbara Rinker

### CHICKEN MONTEREY WITH PECAN PILAF

2 (3 $\frac{1}{2}$ lb.) fryers, cut-up	1 chicken bouillon cube
$\frac{3}{4}$ c. flour	1 T. Curacao (optional)
2 tsp. seasoned salt	6 c. hot cooked rice
$\frac{3}{4}$ tsp. tarragon	(Uncle Ben's)
6 T. margarine	1 c. coarsely chopped pecans
1 lb. fresh mushrooms, wiped and sliced	Mandarin oranges (garnish)
3 c. chicken broth (College Inn brand)	Green grapes (garnish)

1. Mix the flour with 1 tsp. seasoned salt and the tarragon. Coat chicken pieces with seasoned flour and let dry a few minutes. Save remaining flour.

2. Melt 3 T. margarine in large skillet. Saute a few pieces of chicken on both sides until golden. Transfer to a baking pan. Repeat until all pieces are browned.

3. Add mushrooms to skillet and cook a few minutes to brown lightly. Spoon over chicken in baking pan.

4. Add remaining 3 T. margarine to skillet. Stir in  $\frac{1}{2}$  c. of the reserved flour. Add the chicken broth and bouillon cube. Cook, stirring, until smooth and thickened. Add Curacao. Pour sauce over chicken and mushrooms. Cover tightly with foil. Bake until tender...about 1 hr. in 325° oven.

5. For Pecan Pilaf, toss hot rice with the pecans. Taste for seasoning and adjust. Serves 8.

May be prepared night before the luncheon. Refrigerate the chicken and sauce (combined in baking pan) until about 1 hr. and 20 min. before you plan to serve. Bake, according to directions, allowing about 10-15 min. more. Luncheon or dinner. Very well accepted by both male and female!

Clara Allen

#### CHICKEN WITH LEMON PARSLEY SAUCE

6 chicken joints	2 egg yolks
Salt and pepper	$\frac{1}{2}$ pt. cream
2 oz. butter	1 lemon
1 onion, peeled, sliced	2 T. chopped parsley
$\frac{1}{2}$ c. chicken stock	

Season chicken joints. Heat butter in saucepan. Add onion. Fry gently for 5 min. Arrange chicken joint on top -- add stock and cover pan with lid. Simmer gently for 1 hr. or until tender. Put chicken joints in hot serving dish. Reduce liquid in pan

to  $\frac{1}{2}$  quantity. Mix together egg yolks, cream and stir into pan. Stir over gentle heat until sauce thickens, but do not boil. Draw off heat. Add strained juice of  $\frac{1}{2}$  lemon. Pour sauce over chicken. Sprinkle with parsley and garnish with slices of lemon. Serves 6.

An English recipe.

Jenny McConnachie

#### QUAIL WITH WILD RICE

10 quail	2 buds garlic, minced
1 stick butter	1 $\frac{1}{2}$ sticks butter
1 $\frac{1}{2}$ lb. chicken livers	2 $\frac{1}{2}$ c. cooked wild rice
2 lg. onions, chopped	2 c. chicken broth
1 green pepper, chopped	1 $\frac{1}{2}$ c. port wine

Saute quail in 1 stick butter until browned. Place in baking dish. Cover and bake at 325° about 30 min.

Saute livers, onions, pepper, garlic in 1 $\frac{1}{2}$  sticks of butter. Do not let vegetables brown, but cook to a clear color. Add cooked rice, chicken broth, and wine. Place mixture in 3 qt. baking dish; cover and bake at 325° about 20 min. or until liquid is absorbed. Serve quail over rice. Serves 8-10.

Mary Jane Keith

#### OMELETTE SURPRISE (Baked Alaska)

1 pkg. lady fingers (or pound cake, or sponge cake)  
 $\frac{1}{4}$  or more gallon vanilla ice cream  
 4 egg white )  
 1 c. sugar )-- make meringue batter  
 Some lemon rind )  
 blanched almonds

1-2 T. rum )  
2 T. water ) -- mix  
1 T. sugar )

Put a layer of ladyfingers on the ovenproof platter, sprinkle with rum mixture, so the cake is moist. Top with ice cream 1 in. thick or more. Top ice cream with meringue batter, be sure to cover all ice cream. Sprinkle with almonds. Put the platter in a very hot oven and bake until meringue has a little color. Stay with it and check it often, takes only a few minutes. Be sure to use cold ice cream, hot oven and work fast. Serve at once to 6 people.

Ursula Traub

#### MAPLE MOUSSE

4 eggs	1 pt. heavy cream
1 c. hot maple syrup	Salt to taste

Beat yolks until thick. Pour hot syrup slowly over yolks, beating constantly. Cook over low heat until mixture thickens. Beat cream until slightly thick. Beat egg whites until stiff. Combine mixtures, pack in ice cream freezer, and freeze. Quite rich.

Barbara Rinker

#### 6 ONES SHERBET

1 c. sugar	Juice of 1 orange, strained
1 egg, beaten	Juice of 1 lemon, strained
1 banana, mashed	1 c. pineapple juice

Mash banana thoroughly. Mix in all other ingredients. Freeze in refrigerator tray at coldest temperature. When mixture is frozen to the mushy stage, turn out into a mixing bowl and beat until fluffy. (Use mixer, blender, or egg beater.) Return to refrigerator and freeze till firm. Serves 5-6.

Isabel Zuber



## CHARLOTTE RUSSE

2 pkg. plain (Knox) gelatin

Soak in  $1\frac{1}{2}$  c. water.

Set in warm oven and let dissolve - let the mixture cool while making rest of the recipe.

Beat 4 egg yolks in half cup sugar and cook in double boiler until thick - add the gelatin mixture to this.

Beat 4 egg whites

Gradually add half cup sugar.

Beat 2 cups whipping cream.

Fold altogether - Add flavoring of your choice - vanilla, or a stronger flavoring may be added.

Pour into mold and let it set for at least 24 hours.

Marion Divine

## SCHOKOLADE-RUM TORTE

Take 2 layers of chocolate sponge cake. Cut them into very thin layers and sprinkle with rum or rum-extract. Wrap in foil, let stand in refrigerator over night or longer. Frost with Cream Frosting:

1 pt. heavy cream

Pinch of salt

$\frac{1}{2}$  c. granulated sugar

1 tsp. vanilla

4 T. cocoa

rum or rum-extract

Stir together cocoa and sugar. Add cream, salt, vanilla and rum. Let stand in refrigerator for 2 hrs., then whip until stiff. Spread on cake. Sprinkle with shaved unsweetened chocolate. Keep cake stored in refrigerator.

Ruth Mullen

## EASY TORTONI

$\frac{1}{4}$  c. finely chopped  
blanched almonds

1 pt. vanilla ice cream

$\frac{1}{2}$  c. flaked coconut,  
toasted and crumbled

$\frac{1}{4}$  c. seedless raisins  
(light or dark)

1- $1\frac{1}{4}$  tsp. rum extract



Mix almonds and coconut in small bowl. Stir ice cream just to soften. Quickly stir in raisins, rum extract, and half of nut mixture. Spoon into 5 custard cups or paper bake cups set in muffin tins. Sprinkle remaining nut mixture on top. Freeze firm. Garnish with whip cream topping and maraschino cherry. Serves 5.

Margaret Richardson

#### TORTE ROYALE

1 c. graham cracker crumbs	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. shredded moist coconut	4 egg whites
$\frac{1}{4}$ c. chopped pecans	1 c. sugar
	$\frac{1}{4}$ c. white rum
	1 pt. pecan ice cream

Combine crumbs, coconut and pecans. Beat egg whites and salt until foamy. Gradually add sugar and beat until stiff. Gradually beat in rum, then fold in crumb mix. Spread in buttered pan -- 10 x 6 x  $1\frac{1}{2}$  in. Bake at 350° for 30 min. Cool, cut in wedges -- top with ice cream and chocolate rum sauce.

Iona Reed

#### CHOCOLATE RUM SAUCE

1 c. brown sugar	2 egg yolks, beaten
4 T. cocoa	$\frac{1}{2}$ c. rum
$\frac{1}{2}$ c. butter	

Combine all ingredients in pan except rum. Simmer over low heat until well blended, stirring constantly. Add rum and continue simmering and stirring for 3 min. Serve Hot -- makes 2 c. Serves 6.

Iona Reed

## GRANNY RABB'S SURPRISE CHOCOLATE CAKES

Sift together:  $1\frac{1}{2}$  c. flour  
                   $\frac{3}{4}$  c. sugar  
                  1 tsp. soda

Add:           1 c. sour milk  
                   $1\frac{1}{2}$  sq. melted chocolate  
                  1 T. melted butter  
                   $\frac{1}{2}$  tsp. vanilla

Beat until smooth. Bake in small muffin pans at  $350^{\circ}$  until done. With the point of a knife, cut off top and discard center. Fill cavity with sweetened, whipped cream ( $\frac{1}{2}$  pt. cream.) Replace top and cover with chocolate icing. Makes 16.

Barbara Rinker

## GRANNY RABB'S CHOCOLATE ICING

Melt 2 sq. unsweetened chocolate, add enough warm water and sifted confectionary sugar to give a smooth consistency. Add  $\frac{1}{2}$  tsp. vanilla and pour over cakes.

Barbara Rinker

## TAVERN RUM PIE

Cookie Crumb Crust

Finely crush about 50, 2-in. vanilla wafers ( $2\frac{2}{3}$  c. crushed crumbs). In a bowl combine crumbs with:  $\frac{1}{2}$  c. melted butter or margarine. Press crumbs to bottom and side of 10 in. spring form pan (or 10 in. pie pan). Bake at  $375^{\circ}$  about 10 min. Cool.

Filling

6 egg yolks	$\frac{1}{2}$ c. cold water
1 c. sugar	1 pt. heavy cream
1 envelope +1 tsp. gelatin	$\frac{1}{2}$ c. rum
(unflavored)	

In large bowl, with mixer at medium speed, beat egg yolks until light while gradually adding sugar.

In saucepan, sprinkle gelatin in water to soften. Bring to boil over low heat; slowly pour into egg mixture, beating at low speed.

Whip cream until stiff. Fold into egg mixture. Gently fold in rum. Refrigerate until stiff enough to mound in peaks when dropped from a spoon. Heap into crust and refrigerate at least 8 hrs.

Cut pie into small wedges. Serve with green grapes. Makes 16 servings. We use this a lot at Christmas.

Barbara Hills

#### LEMON PIE

3 egg yolks  
 $\frac{1}{2}$  c. sugar  
Juice of 2 lemons

Cook until thick, then fold in 2 c. of small (miniature) marshmallows and let the mixture cool. Fold in 1 c. of cream which has been whipped. Pour in a cooked pie shell and top with 1 c. of cream whipped and chopped nuts scattered on top.

Not recommended for anyone on a reducing diet, but is oh! so good!

Marion Divine

#### REFRIGERATOR LIME PIE

1. Mix together and boil 5-8 min. stirring as it boils:  
2 c. pineapple juice  
 $1\frac{1}{2}$  c. sugar  
2 eggs

2. Add 1 box lime jello and juice of 1 fresh lime.
3. Cool until syrupy.
4. Whip a cooled can of evaporated milk.
5. Fold whipped milk into lime mixture
6. Pour into baked graham cracker crusts.
7. Allow to set 12-24 hrs.
8. Top with whipped cream before serving.

Makes 2 lg. pies or 3 sm. ones. Pies can be frozen.

Isabelle Spurr

#### LEMON CHEESE PIE

1 pkg. 8 oz. cream cheese	Juice of 1 lemon (at
2 unbeaten eggs	least 2 T. juice)
$\frac{1}{2}$ c. sugar	

Whip cheese until fluffy. Add eggs 1 at a time, beating well after each. Blend in sugar and add lemon juice. Turn into baked pie shell and bake at 350° for 15 min. until slightly firm. Cool.

Top with:  $\frac{1}{2}$  c. whipping cream  
2 T. confectioners sugar  
1 tsp. vanilla

Whip above ingredients until stiff and spread on pie. Chill. This pie freezes well.

Betty Jo May

#### COCONUT PIE

2 unbaked pie shells	3 T. melted butter
4 eggs	1 $\frac{1}{2}$ c. milk
2 T. flour	1 Tsp. vanilla
2 c. sugar	1 $\frac{1}{2}$ c. coconut

Beat eggs until light and add milk. Mix flour with sugar and add to milk and egg mixture. Add remaining ingredients. Pour into pastry shells. Bake at 400° for 10 min. Lower oven to 350° and bake about 25 min. longer or until middle is set.

Jean Christman

### CHEESECAKE SUPREME

1 stick oleo (melted)  
1 pkg. graham crackers (crushed)  
 $\frac{1}{4}$  c. granulated sugar  
Mix and line a 9 x 9 x 3 pan.

Chill 1 lg. can evap. milk overnight.  
Mix 1 3-oz. pkg. lemon jello  
 $\frac{1}{2}$  c. hot water  
set aside

Beat the chilled evap. milk till it's light and fluffy.  
Add 1 8-oz. pkg. cream cheese.  
Mix thoroughly and gradually add  
 $\frac{1}{2}$  c. gran. sugar  
 $\frac{1}{2}$  tsp. vanilla  
Add jello to mixture with spatula.  
Pour into pan with crust.  
Refrigerate overnight.

Dorothy Clougherty

### CHOCOLATE ICE BOX PIE

1 9 in. crumb pie crust	2 c. confectioner's sugar
2 $\frac{1}{2}$ sq. unsweetened chocolate, melted	1 tsp. vanilla
1 $\frac{1}{2}$ sticks butter	4 eggs
	$\frac{1}{2}$ c. nuts (pecans)

Mix chocolate and butter together until well blended. Add confectioner's sugar and vanilla and beat until smooth. Add eggs one at a time, beating 5 min. after each addition. Stir in nuts. Chill till set, about 2 hrs. Serves 8.

Judith Kuhn

### CHOCOLATE PIE I

1 6-oz. bag chocolate chips	$\frac{1}{2}$ c. sugar
4 eggs separated	1 tsp. vanilla

To the 4 egg yolks add the  $\frac{1}{2}$  c. sugar and beat until fluffy and lemon colored. Add chocolate chips (melted over hot water) and vanilla. Mix well.

Fold in beaten egg whites (stiff). Pour into 9 in. baked pie shell. Place in refrigerator until firm. Spread top with whipped cream. Keep in refrigerator. Delicious.

Opal Weatherly

### FRENCH SILK CHOCOLATE PIE

1 stick butter	2 eggs
$\frac{3}{4}$ c. sugar (granulated)	Baked 8 in. pie shell
2 sq. unsweetened chocolate	* * *
1 tsp. vanilla	Cool Whip to top

Cream butter and sugar until light and fluffy. Add this to melted chocolate, add vanilla. Beat until smooth. Now add eggs, beating at least 3 min. after the addition of each egg. Mixture should be light and creamy. Pour into baked 8 in. shell. Chill at least 3 hrs. before serving. Add Cool Whip and top with bitter chocolate shavings. Serves 6.

Brenda McBride



## CHOCOLATE PIE II

1 pkg. choc. pudding  
1 c. sugar  
2 T. flour  
2-3 T. cocoa or 1 sq. choc.

Mix and add:

4 egg yolks  
1 T. butter  
3 c. milk (1 c. evaporated and 2 c. whole)

Cook til thick and pour in 2 baked pie shells.

Top with meringue:

4 egg whites  
 $\frac{1}{2}$  tsp. cream tarter  
6 T. sugar  
Brown meringue

Ruth Wyatt

## PINEAPPLE DELIGHT

2 c. graham cracker crumbs     $\frac{1}{2}$  c. butter  
 $1\frac{1}{2}$  c. powdered sugar        2 eggs

Cream butter and powdered sugar, add eggs and beat well. Line bottom of  $11\frac{3}{4} \times 7\frac{1}{2}$  in. pan with cracker crumbs. Cover with butter mixture. Whip 1 c. whipping cream. Add 1  $8\frac{1}{2}$ -oz. can crushed pineapple and 2 tsp. sugar and put on top of butter layer. Sprinkle a few graham cracker crumbs on top. Cool to set. Serves 8.

Just before serving I like to top the dessert squares with whipped cream and a cherry.

Carol Becker

LOUKOUMADES  
(Sesame Honey Puffs)

2 c. plain yoghurt	$\frac{1}{4}$ c. Brandy
$\frac{1}{2}$ tsp. orange peel	1 tsp. soda
$\frac{1}{2}$ tsp. ground cinnamon	3 c. all-purpose flour
$\frac{1}{8}$ tsp. ground cloves	Oil for frying
1 tsp. salt	Cinnamon Honey Syrup
2 T. Sesame seeds, toasted	

Combine first 5 ingredients in a large bowl. Blend Brandy and soda; add to yoghurt mixture. Gradually beat in flour to form smooth dough. Cover and set aside 2 hrs. Drop by T. into deep hot fat. Fry until deep golden brown (6 min.), turn once. Drain on paper, then layer in brandy snifter. Pour hot syrup over each layer of puffs. Sprinkle with seeds after each soaking with syrup.

Cinnamon Honey Syrup

$1\frac{1}{2}$ c. honey	1 T. lemon juice
$\frac{1}{3}$ c. water	1 T. Brandy
$\frac{1}{2}$ tsp. cinnamon	

Combine honey, water, and cinnamon in a small saucepan. Boil 5 min.; turn heat down to simmer until ready to pour over puffs. Just before pouring, blend in lemon juice and brandy.

Karen Richardson

SWEET PURI

1 c. white flour	Enough water to mix stiff dough
1 T. shortening	Shortening for deep frying
Pinch of salt	Confectioners sugar

Mix 1 T. melted shortening with the flour to make a crumbly mixture; add salt; add water gradually; knead well and let stand for  $\frac{1}{2}$  hr. Roll into small pancake (about  $1\frac{1}{2}$  in. in dia.), put  $1\frac{1}{2}$  tsp. of sugar into the

center and close, forming a flat ball and roll again gently (taking care not to let the sugar seep through) into a pancake about  $2\frac{1}{2}$  in. in diameter. Deep fry in hot shortening, pressing down to make the puris puff. Fry on both sides until light gold in color; drain. Can be made ahead. Do not have to be served hot.

Note: Fill only a couple of puris with sugar at a time, else the sugar will melt.

Beena Gokhale

#### OLD ENGLISH PLUM PUDDING

3 c. sifted flour	1 c. chopped apple
$\frac{1}{2}$ tsp. salt	2 c. seedless raisins
1 tsp. baking powder	1 c. currants
2 tsp. cinnamon	1 c. light molasses
$\frac{1}{2}$ tsp. ground cloves	1 c. cold water
$\frac{1}{2}$ tsp. allspice	Brandy, or sugar cubes
2 c. ground suet	and lemon extract

Sift flour, salt, baking powder, cinnamon, cloves, and allspice. Set aside.

Combine suet, apple, raisins, currants, molasses, and water; stir in flour mixture until thoroughly mixed.

Turn into greased 2 qt. pudding mold. Cover tightly; place in deep kettle. Add enough boiling water to come halfway up side of mold. Steam covered 3 hrs. Serve hot with hard sauce.

To Flame: In a sauce pan, heat about  $\frac{1}{2}$  c. of brandy until slightly warm; pour over pudding and light with a match, or surround pudding with sugar cubes which have been dipped in lemon extract; then light.

Hard Sauce:  $\frac{1}{4}$  c. butter,  $\frac{1}{8}$  tsp. salt, 1 c. confectioners sugar, 1 tsp. vanilla, 1 tsp. brandy.

Beat butter and sugar until light and fluffy; add salt, vanilla and brandy. Refrigerate until serving time. Makes half a cup.

This Plum Pudding should be aged and may be frozen. Wrap in waxed paper, then foil.

To prepare if frozen: unwrap foil and wax paper. Re-wrap in foil. Bake in 350° oven for 1 hr. Serve hot with sauce. (Courtesy of Bridget Van Steen)

Anita McCloskey

#### DESSERT WAFFLES JUBILEE

2½ c. sifted all-purpose flour	2¼ c. milk
4 tsp. baking powder	½ c. cooking oil
¾ tsp. salt	2 stiff-beaten egg whites
1½ T. sugar	
2 slightly beaten egg yolks	

Sift together dry ingredients. Combine egg yolks, milk and oil; stir into dry ingredients. Fold in egg whites - don't overmix. Bake in preheated waffle iron according to manufacturer's directions.

#### Fluffy Cream Sauce

1 4-oz. pkg. whipped cream cheese  
¼ c. sifted confectioners' sugar  
1 c. whipping cream

In small mixer bowl, combine cream cheese and confectioners; sugar; whip till light and fluffy. Gradually add whipping cream, beating till slightly fluffy but not thick - makes 2 c.

#### Cherry Topper

1 1-lb. 5 oz. can cherry pie filling  
2 or 3 drops almond extract

Combine; heat through.

Stack 5 or 6 hot waffles on serving plate, topping each waffle with some of the fluffy cream sauce and cherry topper. Cut in wedges to serve. Pass any extra cream sauce and cherry topper.

Served with nam and coffee, this makes a good brunch. The waffles are also good served as a late "after theater" dessert.

Gail Rose



(This page reserved for your very own favorite)

STUDENTS ARE  
COMING!



EDITOR: Shirley Amen

Students welcome an opportunity to be a guest in a faculty home. For them it can be a home away from home. What to serve can be an obstacle to many would-be hosts. The purpose of this section is to provide a springboard from which you may "jump right in" and invite those students over. Can you think of a better way to discuss important issues of the day than over a dish of homemade ice cream?

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## HOT SPICED CIDER

2 qt. apple cider	8 whole cloves
$\frac{1}{4}$ c. sugar	8 whole allspice
$\frac{1}{8}$ tsp. salt	8 2-in. cinnamon sticks

Combine all ingredients in a large saucepan and bring to a boil. Reduce heat to low and simmer for 5 min. Strain out spices before serving. Serve in warm mugs and if desired add a cinnamon stick stirrer. Makes 10 6-oz. servings.

Marge Wagstaff

## ONION PIN-WHEEL ROLLS

Prepare hot roll mix according to pkg. directions. After dough has risen, roll it into an 8 x 20 in. rectangle on a lightly floured board and spread with: 2 c. chopped sweet onion sauteed in  $\frac{1}{4}$  c. butter or margarine until golden brown, and sprinkled with  $\frac{1}{2}$  tsp. salt. Roll up like jelly roll and slice into  $\frac{3}{4}$  in. pieces. Place cut side up in greased muffin tins. Let rise and bake at 400° for 15 min.

Barbara Rinker

## VEGETABLE SALAD

1 tsp. grated onion	1 pkg. lemon Jell-O
$\frac{1}{2}$ c. chopped pimento	1 tsp. salt
1 c. diced celery	$\frac{1}{8}$ tsp. red pepper
$1\frac{1}{2}$ c. shredded cabbage	$\frac{1}{3}$ c. vinegar
$\frac{1}{4}$ c. chopped green pepper	1 tsp. lemon juice
$\frac{3}{4}$ c. grated carrots	$1\frac{1}{2}$ c. boiling water
1 c. sliced almonds	

Pour water over Jell-O and dissolve thoroughly. Add salt, red pepper, vinegar, and lemon juice -- stirring well. Cool and when it begins to thicken, blend in



vegetables and almonds. Pour into mold and chill until firm and ready to use. Serve on a bed of lettuce with deviled eggs, olives, and pickle chips around it, and, of course, mayonnaise. Serves 6.

Mildred M. Warner

### WESTERN SALAD I

(Good for summer or outdoor meals in hot weather.)

1 pkg. frz. peas (2 c. cooked)	1 clove garlic (rub bowl)
1 sm. onion, finely diced	3 hard cooked eggs
3 slices bacon (fried after dicing fine)	$\frac{1}{2}$ c. mayonnaise
$\frac{1}{2}$ c. sharp Cheddar cheese, (grated but not dry)	1 tsp. "Accent"
	$\frac{1}{2}$ c. thinly sliced celery
	Salt and pepper to taste

Toss together and let stand at room temperature for 1 hr. before adding mayonnaise.

Jeanne St. Clair

### MRS. CROSBY'S VEGETABLE SALAD

1 10-oz. pkg. frz, mixed vegetables, cooked and drained	1 can kidney beans, drained
	* * *
1 sm. onion, chopped	$\frac{1}{2}$ c. sugar
1 sm. green pepper, chopped	1 tsp. flour
$\frac{1}{2}$ c. celery, chopped <u>or</u>	1 tsp. prepared mustard
$\frac{1}{2}$ tsp. celery seed	$\frac{1}{2}$ c. vinegar
	$\frac{1}{2}$ tsp. salt

Mix the first group of ingredients. Mix and cook together until thick and clear the second group of ingredients. Mix both together and chill.

Barbara Rinker

## MOLDED CRANBERRY RELISH SALAD

- |   |                                  |
|---|----------------------------------|
| 1 3-oz. pkg. strawberry<br>or raspberry gelatin | 1 3-oz. pkg. lemon gel-<br>atin  |
| 1 c. boiling water                              | 2 c. miniature marsh-<br>mallows |
| 1 14-oz. jar cranberry<br>orange relish         | 1 3-oz. pkg. cream cheese        |
| 1 T. lemon juice                                | $\frac{1}{2}$ c. sour cream      |
| $\frac{1}{4}$ tsp. salt                         | $\frac{1}{2}$ c. chopped nuts    |
| 1 15-oz. can crushed pine-<br>apple             | $\frac{1}{2}$ c. heavy cream     |

Dissolve gelatin (strawberry or raspberry) in boiling water. Add cranberry relish, lemon juice and  $\frac{1}{8}$  tsp. salt. Pour in individual molds, filling a little over half full.

Drain pineapple and to the juice add water to make  $1\frac{1}{2}$  c. liquid. Heat and use to dissolve lemon gelatin. Add marshmallows to not liquid and stir to dissolve. (Re-heat if necessary.)

Blend sour cream and cream cheese with beater. Add pineapple and nuts to gelatin mixture. When cool fold in whipped cream and pour on top of cranberry mixture. Chill until firm. Makes 10-12 molds.

Martha Knox Carr

## GRILLED CORN

Gently pull shucks down from fresh ears of corn but do not detach. Clean off silks. Wrap shucks back around corn and tie with string. Soak 12-24 hrs. Grill over charcoal for a taste treat. Serve with seasonings. Eat, using shucks as a handle.

Barbara Rinker

## MUSHROOM-RICE CASSEROLE

- |                      |                              |
|----------------------|------------------------------|
| 1 stick butter       | 2 10½-oz. cans beef consomme |
| 1 c. long grain rice | 1 4-oz. can sliced mushrooms |
| 1 sm. onion, chopped | ½ c. slivered almonds        |

Preheat oven to 350°. Melt butter in sm. skillet. Add rice, onions, and almonds. Cook and stir till medium brown. Pour into 1½ qt. casserole. Stir in consomme and mushrooms. Cover and bake at 350° for 1 hr., stirring every fifteen min. Serves 6.

Judith Kuhn

## BAKED BEANS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 1-lb. 15 oz. pork and beans | 1 c. brown sugar (½ dark, ½ light) |
| 2-3 T. chili sauce or ketchup | ¾ tsp. celery salt                 |
| 1 T. brown mustard            | ¾ tsp. savor salt                  |
| 2 T. pickle relish            | ½ tsp. salt                        |
|                               | Pinch of pepper                    |

Pour pork and beans into casserole (hint: rinse out cans with ½ c. water.) Mix all ingredients into beans. Bake at 350° for 45 min. to 1 hr. Serves 6.

Mildred M. Warner

## CHILI FOR A CROWD

- |                               |                           |
|-------------------------------|---------------------------|
| 6 1-lb. cans kidney beans     | 4 8-oz. cans tomato sauce |
| 4 lg. onions, chopped         | 8 c. canned tomatoes      |
| 4 med. green peppers, chopped | 2 T. salt                 |
| 4 lb. lean ground beef        | 3-4 T. chili powder       |

Brown ground beef. Drain off fat. Saute onion and green pepper. Add beans and remaining ingredients. Cover; simmer 2 hrs. either on low heat or in 325° oven.

Barbara Hills

## TURKEY OR CHICKEN TETRAZZINI

$\frac{1}{2}$ 8-oz. pkg. med. noodles	1 c. heavy cream, scalded
2 c. diced, cooked chicken or turkey	$\frac{1}{8}$ tsp. sherry
6 T. fat	1 6-oz. can broiled mushrooms
6 T. enriched flour	$\frac{1}{3}$ c. toasted, slivered almonds
$1\frac{1}{2}$ tsp. salt	3 T. minced parsley
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ c. grated Parmesan cheese
$\frac{1}{2}$ tsp. celery salt	
2 c. stock	

Cook noodles. Drain.

Melt fat; add flour and blend. Add seasonings and stock; cook over low heat until thick, stirring constantly. Remove from heat. Stir in cream, mushrooms, almonds and parsley.

Alternate layers of noodles, diced chicken or turkey, and sauce in greased 2-qt. casserole. Top with P. cheese. Bake uncovered in oven (350°) for 45 min. Serves 8-10. A favorite with the male sex.

Clara Allen

## SWEDISH MEAT BALLS IN SOUR CREAM SAUCE

2 c. bread cubes	1 tsp. dried, mixed herbs
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ tsp. pepper
$1\frac{1}{2}$ lb. ground beef	3 beaten eggs
1 onion, chopped finely	$\frac{1}{2}$ tsp. crushed garlic
$2\frac{1}{2}$ tsp. salt	4 T. flour
2 tsp. nutmeg	2 c. beef bouillon
2 tsp. paprika	1 c. sour cream

Soak bread cubes in  $\frac{1}{2}$  c. milk. Squeeze dry. Add to ground beef. Saute onion in 2 T. butter. Add seasonings, onion and eggs. Mix well. Form into 48 small balls. Brown in skillet using approx.  $\frac{1}{2}$  c. butter. Remove meatballs. Add  $\frac{1}{4}$  tsp. garlic to skillet and

more butter if needed. Blend in flour. Add bouillon and stir over low heat until sauce is thickened. Bake in 350° oven approx. 1 hr. Just before serving, add sour cream. Blend well. Serve over buttered noodles.

Serves 8 with hearty appetites. This is one of my most requested recipes.

Barbara Hills

### BARBECUED SPARERIBS

4½ lb. ribs, pork  
½ c. Soy sauce

1½ T. corn starch

Place the ribs in a large kettle with a cover and add 3 c. water. Bring to a boil, cover and cook for 5 min. Remove ribs from water and drain well. Brush ribs with a mixture of the Soy sauce and corn starch. Continue to brush both sides of the ribs until all of the mixture is gone. This should be done periodically over a period of 30-45 min. (overnight is fine) to allow the mixture to penetrate into the meat. Place the ribs on a greased grill about 3 in. from the briquets. Cook until tender, almost 20 min. or longer. Ribs should be turned every 2-3 min. and basted each time with the following barbecue sauce. Serve at once. Serves 6.

Carol Becker

### TEXAS BARBECUE SAUCE

Mix in sauce pan and simmer 15 min. or until slightly thick.

1 c. tomato juice  
½ c. water  
¼ c. catsup  
¼ c. vinegar  
2 T. brown sugar  
2 T. Worcestershire sauce

1 T. paprika  
1 tsp. dry mustard  
1 tsp. salt  
¼ tsp. chili powder  
1/8 tsp. cayenne pepper

Carol Becker



## DELICIOUS LASAGNE

- |                              |   |
|------------------------------|---|
| 1 8-oz. pkg. lasagne noodles | 1 lb. cottage cheese                      |
| 1 T. oil                     | $\frac{1}{2}$ c. Parmesan cheese          |
| 2 bay leaves                 | 6-8 oz. Mozzarella cheese, thinly sliced. |
| 1 recipe Savory Meat Sauce   |   |

Cook noodles according to pkg. directions, adding the oil and bay leaves to the boiling water. Drain. Oil a 12 x 18 in. baking dish. Starting with the noodles, make layers of noodles and  $\frac{1}{3}$  of Savory Meat Sauce. Dot with  $\frac{1}{2}$  the cottage cheese, sprinkle with Parmesan, and add a few slices of Mozzarella cheese. Repeat layers. Make top layer of noodles and meat sauce. Decorate with strips of Mozzarella cheese. Bake at  $350^{\circ}$  for 30 min. Let stand for 15 min. Yield: 6 servings. (This recipe is even better when prepared a day ahead, and put at room temperature into the oven for 30 min., about 45 min. before serving.)

Lib Griffin

## SAVORY MEAT SAUCE

- |                          |                               |
|--------------------------|-------------------------------|
| 1 lb. ground beef        | $\frac{1}{2}$ c. diced celery |
| 1 T. oil                 | 1 pkg. spaggetti sauce mix    |
| 1 1-lb. can tomatoes     | Salt to taste                 |
| $\frac{1}{2}$ c. water   | 1 T. sugar                    |
| 1 6-oz. can tomato paste | 1 T. prepared mustard         |

Brown meat in hot oil; break it apart as it browns. Add remaining ingredients. Bring to boil; reduce heat and simmer 15 to 20 min. or until thick. Stir frequently. Yield:  $4\frac{1}{2}$  to 5 c. sauce.

Lib Griffin



## LASAGNE

3 lb. ground beef	4 beaten eggs
2 cloves garlic, minced	1 T. salt
2 T. parsley flakes	1 tsp. pepper
2 T. basil	$\frac{1}{2}$ c. parsley flakes
1 T. salt	1 c. grated Parmesan
2 1-lb. cans tomatoes	cheese
2 12-oz. cans tomato paste	1-2 lb. Mozzarella cheese,
1 lg. pkg. lasagne noodles	sliced <u>very thin</u>
6 c. cream style cottage cheese	

Brown meat slowly. Spoon off excess fat. Add next 6 ingredients. Simmer uncovered about 30 min. Stir to prevent sticking or scorching.

Cook noodles until tender, drain; rinse in cold water

Meanwhile, combine cottage cheese, eggs, seasonings and Parmesan cheese. Place half the noodles in two 13 x 9 x 2 in. pans; spread half the cottage cheese mixture over; add half the Mozzarella cheese and half the meat sauce. Repeat layers.

Bake at 375° 30 min. Let stand 10 min. before cutting. filling will set slightly. Makes 24 servings.

Barbara Hills

## PIZZA

Pizza Dough

1 pkg. dry yeast	2 tsp. sugar
$\frac{1}{2}$ c. warm water	1 T. olive oil
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ c. flour

Dissolve yeast in warm water. Add salt, sugar and olive oil. Blend in the flour to make a stiff dough. Knead for a few min. to be sure flour is well mixed.

Place on a well greased 10 x 15 baking sheet. Either pat and stretch the dough with hands or roll out with a rolling pin. Allow dough to rise for 30 min. or longer for a thicker crust. This makes 1 pizza crust.

### Pizza Sauce

1 6-oz. can tomato paste	1 T. ground oregano
1 8-oz. can tomato sauce	1 T. and 1 tsp. olive oil
½ tsp. garlic powder	

Simmer sauce for 10 min. This makes enough sauce for 2 lg. pizzas.

Spread the pizza sauce over the dough. Sprinkle grated Parmesan cheese and add 8 oz. grated Mozzarella cheese on the sauce. Top with chopped green peppers, mushrooms, Pepperoni or whatever you prefer.

Bake in 425° oven for 15-20 min. or until topping is bubbly and crust is golden brown.

The source of this sauce was from an Italian friend at Michigan State.

Carol Becker

### BEEF TACOS

1 lb. ground beef	Cheddar cheese
1 T. chili powder	Tomatoes
Cumin, garlic salt or powder, to taste	Lettuce
Tortillas	Hot sauce

Brown meat on med. heat. Add chili powder and other seasonings just before serving. Ahead of time you can fry the tortillas in oil and shape into taco form.

Have plenty of grated cheese, chopped tomatoes, shredded lettuce and hot sauce. Each person serves himself by

first placing meat on tortilla and then using any or all of the above additions. These are excellent served along with Guacamole salad, tortilla chips, bean salad, or any other Mexican food.

Norva Fagan

#### BAKED GROUND BEEF SANDWICH

1 lb. lean ground beef	1½ tsp. salt
½ c. chopped onion	2 T. minced parsley
½ c. grated Parmesan cheese	2 c. biscuit mix
½ c. Swiss cheese	2/3 c. milk
1 lg. egg, beaten	½ c. mayonnaise
½ tsp. liquid red pepper	1 egg yolk, beaten
	Celery sauce **

Cook meat till it loses red color. During last min. of cooking, add onion. Drain off grease and cool slightly. Blend in cheeses, eggs, liquid red pepper, salt and parsley. Combine biscuit mix, milk and mayonnaise, mixing thoroughly. Spread half of dough in greased 8-9 in. sq. pan. Spoon meat mixture evenly onto dough. Top with remaining dough. Brush with beaten egg yolk. Bake at 400° 25-30 min. or till brown. Serve with the Celery Sauce. Serves 6-8.

Celery Sauce \*\* 1 can cream of celery soup or a basic white sauce to which chopped celery has been added.

Jeanne St. Clair

#### BARBECUED BEEF

3-4 lb. beef tenderloin or other lean beef	1 T. chopped onion
* * *	1 clove garlic, crushed
½ c. butter	1 tsp. salt
1 c. water	1 tsp. chili powder
2 tsp. vinegar	1/8 tsp. cayenne pepper
3/4 tsp. dry mustard	1 tsp. Worcestershire sauce
2 tsp. sugar	1 c. catsup
1½ tsp. paprika	½ tsp. Tabasco
	½ tsp. black pepper

Combine and simmer for 15 min. all ingredients except beef. Roast beef, cube, and marinate overnight in barbecue sauce. The next day simmer for several hrs. until very tender. Serves about 8 on large toasted buns. For nor'douevres, serve in chafing dish and place in hot pocketbook rolls to 12-16 people.

Sandy Carlson

### SLUMGULLION-ON-A-BUN

2 lb. ground beef	1 18-oz. can tomato juice
1 lg. onion, chopped (about 1 c.)	1 c. chopped celery
1 clove garlic, minced	1 12 or 16-oz. can whole- kernel corn, drained
1 envelope spaghetti sauce mix	8 hamburger buns, split

Brown ground beef lightly in skillet just until red is gone. Add onion and garlic in corner of pan and saute in grease just until soft. Stir in spaghetti sauce mix, tomato juice, celery and corn. Cover and simmer 30 min. or until thick. Spoon over buns and top with chopped sweet onion, dill pickle or grated cheese. Serves 8 nicely.

Jeanne St. Clair

### CHOCOLATE POUND CAKE I

1 c. butter	$\frac{1}{2}$ c. cocoa
$\frac{1}{2}$ c. Crisco	1 tsp. salt
$2\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. baking powder
5 unbeaten eggs	1 tsp. vanilla
3 c. plain flour	1 c. milk

Cream butter, add sugar. Add eggs one at a time and 1 tsp. vanilla. Beat well add dry ingred. alternately with 1 c. milk. Beginning and ending with dry ingredients. Bake 325° for  $1\frac{1}{2}$ -1  $\frac{3}{4}$  hrs. in tube pan.

Jean England

## CHOCOLATE POUND CAKE II

3 c. flour	4 T. cocoa
3 c. sugar	1 c. milk
$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. Crisco	$\frac{1}{2}$ tsp. salt
5 eggs	1 T. vanilla

Have all ingredients room temperature. Sift all dry ingredients together. Cream shortening and sugar until fluffy. Add eggs one at a time. Add dry ingredients alternately with milk and vanilla to creamed mixture, beating until smooth after each addition. Bake  $1\frac{1}{2}$  hrs. at  $325^{\circ}$  (do not open oven during baking time.)

Betty Earle

## CHOCOLATE GLAZE FOR POUND CAKE

1 c. sugar	$\frac{1}{4}$ c. milk
$\frac{1}{4}$ c. cocoa	1 tsp. vanilla
$\frac{1}{4}$ c. butter	

Boil rapidly 1 min. Add 1 tsp. vanilla. Whip with spoon until spreading consistency.

Betty Earle

## EASY FRUIT STREUSEL

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. flaked coconut
1 c. regular flour	2 c. well drained peach
$\frac{3}{4}$ c. firmly packed	slices - fresh, frozen,
brown sugar	or canned (or fresh
2 T. lemon juice	apple slices)
$\frac{1}{2}$ tsp. salt	
$1\frac{1}{2}$ tsp. baking powder	

Melt butter in 8-in. sq. pan. Remove from heat. Add remaining ingredients except fruit; mix thoroughly with fork. Reserve 1 c. of crumb mixture. Spread remaining crumbs over bottom of pan. Top with fruit, sprinkle with reserved crumbs. Bake at 375° for 30-40 min. until golden brown. Serve warm.

Betty Lou Griffith

#### HERSHEY DESSERT

14 sq. of graham crackers, crushed  
1/3 c. margarine, melted

Mix graham cracker crumbs and margarine together, and put 3/4 of mixture in an 8 x 8 in. pan. Be sure to save 1/4 of mixture for the top.

Melt in double boiler and cool:

30 lg. marshmallows

1/2 c. milk

6 almond Hershey bars (small bars)

Whip 1 pkg. of Dream Whip.

When chocolate and marshmallow mixture is cold, fold in Dream Whip. Put in graham cracker lined pan and sprinkle with remaining crumbs. Serves 8 or 9.

June Stoll

#### CHOCOLATE CHIP BLONDIES

1 c. soft margarine  
2 eggs  
1/2 tsp. salt  
2 c. unsifted flour  
2 tsp. baking powder

1 3/4 c. brown sugar,  
packed  
1 tsp. vanilla  
1 c. chocolate chips  
1 c. chopped nuts



Put all ingredients except chocolate chips and nuts in large mixing bowl. Mix on low speed until well blended.

Stir in nuts and chocolate chips. Spread dough evenly in a greased jelly roll pan. Bake at 350° approx. 20-25 min. Cool and cut into sm. bars. Makes approx. 5 doz. tea size bars.

Barbara Hills

#### FUDGE BROWNIES

½ c. butter or margarine	2 1-oz. sq. unsweetened
1 c. sugar	chocolate, melted
1 tsp. vanilla	½ c. sifted all-purpose flour
2 eggs	½ c. chopped nuts

Cream butter, sugar and vanilla; add eggs and beat well. Blend in melted chocolate. Stir in flour and nuts. Bake in greased 8 x 8 x 2 in. pan in slow oven, 325°, for 30-35 min. Sprinkle with confectioners sugar.

Note: there is no baking powder, salt or soda in recipe.

Barbara Hills

#### CONGO SQUARES (one-bowl method)

##### Cream together

2/3 c. shortening (Crisco), melted and cooled  
1 lb. box of light brown sugar

##### Add

3 eggs - one at a time

##### Sift into creamed mixture above

2 ¾ c. sifted flour  
2½ tsp. baking powder  
½ tsp. salt

##### Add

1 c. chopped nuts (pecans)  
1 pkg. chocolate bits

Pour into greased  $10\frac{1}{2}$  x  $15\frac{1}{2}$  in. pan. Bake at  $350^{\circ}$  25-30 min. Cool on rack and cut into squares. Yield: 3-4 doz. squares.

Eleanor Dodson

#### LOUISE'S PEACH ICE CREAM

Peaches and sugar to taste  
1 can condensed milk  
2 c. sugar  
4 beaten eggs

Mix and fill ice cream freezer to within 2" from top.

A good filler is  $\frac{1}{2}$  pt. cream, 1 pt. half-and-half, and the rest milk.

Barbara Rinker

#### CHOCOLATE CRUNCH CANDY

1 can chop suey noodles	<u>or</u> 1 pkg. chocolate morsels
2 8-oz. pkg. chocolate morsels	and 1 pkg. butterscotch morsels

Melt morsels in top of double boiler. Add noodles and mix. Drop by tsp. on waxed paper and allow to cool. Makes about 16-20.

Sandy Carlson

#### HOPSCOTCH CRUNCHIES

1. Melt over hot (not boiling) water one 6-oz. pkg. (1 c.) Butterscotch Morsels and  $\frac{1}{2}$  c. peanut butter (smooth or crunchy). Remove from heat. Stir.

2. Stir in 1 3-oz. can (2 c.) Chow Mein Noodles and 1 c. sm. marshmallows. Drop by tsp. onto waxed paper-lined cooky sheet. Chill until set. Makes about 30.

Note - Helps to keep hands and spoon wet with water while placing the little balls on the sheet. Candy keeps best in the ice box.

Ethel Herring

#### PEANUT BRITTLE

2 c. raw shelled peanuts	$\frac{1}{2}$ c. cold water
1 c. white sugar	1 tsp. soda
$\frac{1}{2}$ c. white Karo syrup	

Put syrup, sugar and water in a heavy iron skillet and bring to a rolling boil, stirring well. Add peanuts and continue boiling until peanuts begin to turn a golden brown. Remove from heat, add soda and quickly stir until mixed. Pour on a greased cookie sheet to cool. When cold, break into pieces as desired.

Nannie Jones  
Nell Gentry

# FAMILY FAVORITES



EDITOR: Shirley Arner

Most of our cooking is done day in and day out for our favorite people - our families. It is our contention that they deserve the best. Included in this section are treasured recipes that have become traditional in many families.

Why not start your day, as we start this section, with mouth-watering breakfast specials, such as pancakes, or muffins hot from the oven? What better way to please your family than to greet them with a pot of homemade soup and a plate of hot bread on a cold winter evening?

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## UNCLE RAY'S CORNMEAL PANCAKES

2 eggs	1 tsp. sugar
1½ c. buttermilk	¼ tsp. salt
1 tsp. soda	1½ c. cornmeal
2 tsp. baking powder	¼ c. flour
2 T. cooking oil	

Beat eggs until light, add buttermilk, soda, baking powder, salt, sugar and flour. Bake on hot, greased griddle. Excellent when served with maple syrup and pork sausages. Serves 6.

My uncle developed this recipe -- it reminds him of the "flap-jacks" he ate as a youth in Iowa.

Barbara Hills

## BYRD MILL BUCKWHEAT CAKES

1 3/4 c. buckwheat flour	1 pkg. dry yeast
½ c. all purpose flour	1 T. molasses
2 c. <u>lukewarm</u> water	Margarine for frying
½ tsp. salt	

Mix yeast with ½ c. of the total amount of water used. Blend flours with salt, adding lukewarm water gradually. Add yeast, dissolved in water, last of all and beat together until blended well. Cover tightly and let rise overnight in warm place. (A pre-warmed oven -- 140° -- gives a better "rise" and tastier sour tang in the morning than countertop.)

In the morning, add 1 T. molasses and beat in well. Fry in margarine until crisp around edges, then turn. Serves 4 moderately.

These tangy buckwheats deserve butter to spread, steaming black coffee, and fresh hot syrup made as follows:

1 c. boiling water	$\frac{1}{2}$ tsp. butter flavoring
2 c. white sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ tsp. maple flavoring	

Add sugar to boiling water, stirring until syrup becomes clear (bring to quick boil if necessary to clarify.) Add the 3 flavorings and blend.

Caroline McDonald

### SOURDOUGH PANCAKES

The evening before you want pancakes for breakfast, put 1 c. sourdough starter in a lg. mixing bowl. Add 2 c. warm water and  $2\frac{1}{2}$  c. flour. Mix thoroughly. Cover and set in warm spot overnight. Next morning take out 1 c. of the starter and put back in the refrigerator. To the batter remaining in the bowl add:

- 1 egg
- 2 T. cooking oil
- $\frac{1}{4}$  c. instant dry milk

Beat thoroughly. Then combine:

- 1 tsp. salt
- 1 tsp. baking soda
- 2 T. sugar

Sprinkle evenly over top of batter; fold in gently. Fry on a hot lightly greased griddle. Always make dollar size pancakes using a T. of batter for each pancake. Serves 4 or 5.

Note: you may either obtain a starter from a friend or make your own using the following recipe.

Shirley Amen

## SOURDOUGH STARTER

To make a starter place 1 c. of milk in a glass jar or crock (nothing metal) and allow to stand at room temperature for 24 hrs. Stir in 1 c. flour. Leave uncovered in a warm place (80°) for 2 to 5 days depending on how long it takes to bubble and sour. If it starts to dry out, stir in enough tepid water to bring it back to the original consistency. Once it has a good sour aroma and is full of bubbles, it is ready to use.

Lenore Webber

## GERMAN OVEN PANCAKES

3 eggs	1/3 c. sifted flour
½ tsp. salt	½ c. milk
1 T. sugar	2 T. butter or margarine

Place large skillet in oven to heat and turn on oven to 450°.

Beat eggs and salt until light and lemon colored. Blend sugar and flour and add to egg mixture and blend until smooth. Stir in milk and beat thoroughly.

Slide skillet out of oven and add butter. Tilt pan to coat bottom evenly with melting butter. Pour in batter and return to oven and bake 15 min. or until pancake is puffy, well-risen and brown. The surface will be irregular and it will sink slightly when taken from the oven. Sprinkle with sugar mixed with cinnamon. Fold over and serve at once.

When fresh fruits are in season (especially blueberries, peaches and strawberries) it is especially tasty to put sliced fruit on the pancake. This is a quick but delicious "company breakfast."

Barbara Hills

## CRISPY CREAM OF WHEAT

3¼ c. water  
½ tsp. salt  
½ c. Cream of Wheat

Flour enough to dredge  
Margarine

Bring salted water to a boil and slowly stir in Cream of Wheat. Allow to cook on low heat until fairly thick...about 5 min. Turn into a waxed-paper lined pyrex bake dish 4½ x 8½ x 3 in. Cover top with waxed paper and refrigerate overnight.

In the morning turn out the whole loaf and slice into ¾-in. slices. Dredge each slice in flour and fry a panful in margarine until crisp and browned. Serve with butter and syrup or molasses. Serves 4.

This bears a close resemblance to Philadelphia scrapple. The main difference is the use of Cream of Wheat in place of cornmeal mush and the absence of "scrappy" bits of pork rib or backbone. This breakfast is good fuel for sled-riders.

Caroline McDonald

## OVERNIGHT FRENCH TOAST

4-6 slices white bread,  
¾ in. thick  
3 eggs

¾ c. milk  
1 T. sugar  
¼ tsp. salt

Arrange thick slices of bread in pan close together so no space is left unfilled (halving slices if necessary.) Mix together eggs, milk, sugar and salt thoroughly. Slowly pour about ½ of egg mixture over the tops of bread slices, making sure no portion is left dry. Immediately turn each slice over with care, and then pour remaining egg mixture across the tops. There should be only 1 layer of bread in the pan; use more than 1 pan if necessary. Now cover the pan tightly and refrigerate overnight.



In the morning lift each slice with pancake turner and place in hot skillet with pat of margarine and fry until crisp and golden. Turn once, add margarine, and fry again briefly. Serve very hot with butter and syrup or fruit preserves. Serves 4.

This makes an unusual and rich French Toast; it is crisp on the outside, custardy on the inside. Good thick slices make the difference. (The large, unsliced grocery store loaf of Salt Rising bread is our favorite.) Even boys can seldom eat more than 1 slice. This recipe is grand for overnight guests; prepared the night before, something special for breakfast can be ready in a hurry.

Caroline McDonald

#### MRS. MCCREERY'S ICE BOX GINGER MUFFINS

1 c. butter	1 tsp. ginger
1 c. sugar	1 tsp. salt
4 eggs	$\frac{1}{2}$ tsp. allspice
1 c. sorghum or molasses	$\frac{1}{2}$ tsp. cinnamon
1 c. buttermilk	$\frac{1}{2}$ c. chopped nuts
1 tsp. soda	$\frac{1}{2}$ c. seedless raisins
4 c. flour	

Add soda to buttermilk. Cream butter and sugar, add eggs then molasses, beat well. Sift dry ingredients and add alternately with buttermilk and soda. Add nuts and raisins. Store covered in refrigerator until ready to use, will keep about 6 weeks. Bake in muffin tins 25 min. at 350° Serve for breakfast.

Katherine B. Isbell

#### PORRIDGE THE SWISS AND GERMAN WAY

Dry oats, cooked according to pkg. recipe  
Apples, sultanas, nuts, yoghurt, sugar

Grate apple. Chop nuts. Add to oats and sultanas. Mix to a cream with yoghurt and sugar to taste. This was given to me by an English girl who was in my French (for foreigners) class.

Helen Smiley

#### WHOLE WHEAT BREAD

3/4 c. honey	1 scant T. salt
3 c. warm water	1/2-1 c. wheat germ
2-3 T. yeast	2-3 c. more stone ground
1/4 c. oil, butter or margarine	whole wheat flour
4 1/2 c. unsifted stoneground whole wheat flour	

Have all ingredients at room temperature. Soften yeast in water and honey in large bowl for 5 min. Add oil, 4 1/2 c. flour, wheat germ, brewers yeast and salt. Beat by hand for 100 strokes (at least) or by electric mixer at low speed for 7 min. Add 2-3 c. flour to make stiff dough (stir well). Sprinkle approx. 1 c. flour over pastry board. Knead until smooth and elastic, using more flour if required. Allow to rise in oiled bowl in warm place until double in bulk. Punch to original size. Cover and let rise again. Knead to original size. Shape into loaves or rolls. Place in greased pans. Let rise until dough reaches top of pan. Bake in preheated oven at 350° for 50 min. (1 lb.) or 70 min. (1 1/2 lb.). Yield: 3 1-lb. loaves or 2 1 1/2-lb. loaves.

Brewers yeast is optional, and dark molasses (1/4 - 1/2 c.) makes excellent substitution for honey.

Lenore Webber

## BATTER BREAD

1/3 c. sugar	2 eggs, beaten
1/3 c. butter (or margarine)	1/4 c. warm water
1/2 c. boiling water	1 pkg. dry yeast
3/4 c. evap. milk (sm. can)	4 1/2 c. flour
1/2 tsp. salt	

Pour boiling water over butter. Add milk. Cool slightly. Add salt and 2 eggs. Dissolve yeast in water, add to first mixture. Sift 4 1/2 c. flour. Add 1 c. at a time. Beat with wooden spoon about 2 min. Let rise until doubled. Beat again 2 min. Pour into 2 loaf pans. Let rise until doubled. Bake at 325° - 350° for 15 min. or until lightly browned.

Sally Culley

## NO-KNEAD BREAD

8 c. flour (approx.)	3/4 c. shortening
1 1/2 pkg. dry yeast	1 c. sugar
3 c. lukewarm water	1 1/2 T. salt

Place flour in large bowl. Scoop out hole in center of flour. Into this hole place the dry yeast, sugar, shortening and salt. Gradually add the water while squeezing the ingredients together by hand. Continue to mix by this method until there are no dry lumps of flour. This dough is moist and sticky and should be spooned into a large container to rise.

Cover and allow to rise until double in quantity. Beat down with spoon and divide dough into 2 greased bread pans. Allow to rise until double again. Place in cold oven. Turn on oven to 350° and bake for about 40 or 45 min. until lightly browned. The bread is done when it sounds hollow when hit with a knife.

To repeat: this dough is never smooth and elastic as the usual bread dough is. It is moist and is usually spooned into the pans.

Jeanne Williams

## BETH TARTAN'S BREAD

Pour  $1\frac{1}{2}$  c. boiling water over 1 c. rolled oats. Add  $\frac{1}{2}$  c. molasses,  $\frac{1}{3}$  c. shortening and 1 tsp. salt. Dissolve 2 pkg. yeast in  $\frac{1}{2}$  c. warm water. Add this to the oats mixture as soon as it has cooled somewhat, then add 2 beaten eggs and  $5\frac{1}{2}$  c. flour (1 c. raisins may be added). Beat thoroughly, let rise until double. Beat again, put in 2 loaf pans and let rise. Bake at  $350^{\circ}$  for about 50 min.

Edith Potter

## SHAMROCK ROLLS

1 pkg. dry yeast	$1\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. water	1 c. milk, scalded
$\frac{1}{2}$ c. hot mashed potatoes	1 egg
$\frac{1}{4}$ c. shortening	4- $4\frac{1}{2}$ c. sifted, all purpose flour

Soften yeast in warm water. Combine potatoes, shortening, sugar, salt and hot milk. Cool to luke warm. Add yeast and egg. Stir in 2 c. flour; beat well. Stir in remaining flour to make soft dough. Turn out on floured surface and knead till smooth, and elastic, 6-8 min. Place in lightly greased bowl, turning over to grease surface. Cover and let rise until double (1 hr.). Punch down; shape in ball. Cover and let rest 10 min.

Cut the ball into fourths. Then divide each fourth into 6 wedges. Form each wedge into smooth little balls. Place balls on greased baking sheet -- leaving room for rising. For leaves, snip ball almost to center in 3 places. Then snip at midpoint in edge of each leaf. Let rise till double (1 hr.). Bake at  $400^{\circ}$  10-12 min. Makes 2 doz. rolls.

Barbara Hills

## RIZ BISCUITS

1 pkg. yeast	2 T. sugar
1 c. warm buttermilk	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ c. lard
2 $\frac{1}{2}$ c. plain flour	

Comment: This is not a roll recipe, but gives you the flavor of yeast. Doesn't rise a great deal.

Dissolve yeast in warm buttermilk; add soda and the remaining ingredients. Roll out thin, brush with melted butter, then fold half the dough on top of the other half, enclosing butter. Roll out thin again and brush with more melted butter and repeat folding and rolling thin. Now cut out with small biscuit cutter. Place on cookie sheet; let rise about 1 hr. Bake at 425° until light brown.

Opal Weatherly

## BUNS

2 c. warm water	$\frac{1}{4}$ c. sugar
1 pkg. dry yeast	1 T. salt
$\frac{1}{3}$ c. non-fat dry milk solids	6 $\frac{1}{4}$ c. unsifted flour
	$\frac{1}{3}$ c. melted margarine

Measure water into bowl. Sprinkle in yeast and stir until dissolved. Add dry milk, sugar, salt and 3 c. flour; beat until smooth. Stir in melted margarine and add enough flour to make a soft dough. Turn out onto lightly floured board and knead until smooth and elastic (8-10 min.) Place in greased bowl, turning to grease all sides. Cover. Let rise until double (about 1 hr.) Punch down and let rise again until less than doubled (about 45 min.) Punch down. Divide dough in half. Cut each half into 10 pieces. Shape into round, flattened balls. Place on greased baking sheets. Cover; let rise until double (about 1 hr.) Bake at



375° about 20 min. Remove from oven and brush with melted margarine.

This bun dough also serves as an excellent base for Moravian sugar cake or German butter cake (substitute granulated sugar for brown sugar).

Barbara Hills

### MASTER MIX

This is a sort of homemade Bisquick. Though it's better (richer).

	MIX (cups)	MILK (cups)	EGGS	SUGAR
BISCUITS	3	2/3		
PANCAKES	3	1½	1	
DUMPLINGS	3	3/4		
MUFFINS	3	1		2 T
COFFEE CAKE	2	3/4	1	3 T
DATE SQUARES	1		3	1 c.
UPSIDE DOWN CAKE	1½	½	1	2/3 c.
PATE SUCRE	1½		1 yolk	2 T
CHEESE BITES	1½			
ALMOND COOKIES	1½		1 yolk	4 T



Large Batch of Mix

5 lb. self-rising flour  
 2 lb. Crisco  
 $\frac{1}{2}$  c. sugar

Small Batch of Mix

10 c. self-rising flour  
 1 lb. Crisco  
 $\frac{1}{2}$  c. sugar

Mix as for pie crust. Store in covered container,  
not in refrigerator.

Fruit Dumplings: add 3 T. sugar.

Muffins: raisins, nuts, dates, etc., may be added.

Coffee Cake: flavor with cardamon, cinnamon, etc.

Date Squares: 1 c. dates, 1 c. nuts. Beat eggs.  
 Add sugar. Mix dates and nuts. Bake in sq. pan.

Upside Down Cake: stir sugar into mix. Combine milk,  
 eggs and vanilla and add to dry ingredients. Pour  
 over prepared fruit in cake pans. Bake at 350°.

Pate Sucre: blend with finger tips. Press into pans.

Cheese Bites: blend mix with  $1\frac{1}{2}$  c. swiss cheese at  
 room temperature and form into small balls.

Almond Cookies: add almonds and almond flavoring.

Katherine B. Isbell  
 Nell Gentry

## DELUXE CORN BREAD

2 eggs	1 c. corn meal
1 c. sour cream	$1\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. salad oil	3 tsp. baking powder
1 c. canned cream style corn	

Beat eggs. Blend in sour cream, oil and corn. Blend  
 corn meal, salt and baking powder and add. Blend and

pour into a greased 8-in. sq. baking pan. Bake at 375° for 30 or 45 min. until done. Serves 6.

This is a moist type corn bread

Opal Weatherly

#### CORN BREAD

1 c. sifted plain flour	1 c. milk
1 tsp. salt	1 egg, well beaten
2½ tsp. baking powder	1/3 c. Karo syrup
3/4 c. corn meal	½ c. Mazola corn oil

Sift dry ingredients together, mix with others and pour into slightly greased pan. Bake at 425° until golden brown. Delicious! This is a dry, fluffy type corn bread. Serves 6.

Opal Weatherly

#### SPOON BREAD WITH SOUR OR BUTTERMILK

Pour:

1½ c. boiling water

over:

1 c. white corn meal

Beat these ingredients well and permit them to cool slightly. Beat in:

1 egg

1 T. butter

1 c. buttermilk

1 tsp. soda (or ½ tsp.)

3/4 tsp. salt

Pour the batter into a hot, greased 7 in. baking dish. Bake it in a mod. oven, 350°, until it is done, for 30-40 min. If you wish to keep the top soft, add from time to time while the bread is baking, a few

tablespoonsful of milk. Use in all for this purpose:

$\frac{1}{2}$  c. milk or thin cream, sour or sweet.

This will call for longer baking, about 1 hr. in all.  
4 servings.

Virginia Webb Cocke

#### SPOON BREAD

1 c. corn meal  
2 c. cold water  
1 tsp. salt

1 c. milk  
3 beaten eggs  
2 T. melted butter

Mix and boil for 5 min. the first 3 ingredients.  
Add the last 3 ingredients. Cook at 400° 45-60 min.  
in a casserole dish in the oven.

Edna Bryan

#### HERB BREAD

$\frac{1}{2}$  lb. butter  
1 T. chives  
1 T. parsley  
 $\frac{1}{2}$  tsp. basil

Mix these ingredients well. Take a loaf or loaves of any kind of uncut bread, home made would be great. Cut almost thru in thick slices. Spread butter mixture between slices. Wrap in foil and freeze. Heat frozen bread in foil at 375° until thawed. This is a good fix-ahead.

Opal Weatherly

#### HOT HERB BREAD

$\frac{1}{2}$  c. margarine or butter  
1 T. lemon juice  
1 tsp. parsley flakes  
 $\frac{1}{4}$  tsp. oregano

$\frac{1}{4}$  tsp. thyme leaves  
1 tsp. garlic salt  
1 loaf French bread  
2 T. Parmesan cheese

Combine first 6 ingredients. Slice French bread and brush mixture between slices, reserving 1 T. Wrap bread in aluminum foil, leaving top open. Brush top with remaining butter mixture. Sprinkle with Parmesan cheese. Bake in oven 400° 10 min.

Marge Wagstaff

### TOAST CUPS

Cut crust from day old bread.  
Brush both sides with melted butter.  
Press into muffin pans.  
Toast in hot oven, 400°, for about 10 min.

Very good when filled with cream chipped beef, or chopped-up left-over baked chicken and/or turkey with cream sauce poured over toast cups.

Janice Filler

### NEW ENGLAND CLAM CHOWDER

Boil a med. potato, put potato aside and save the potato water. Melt 3 T. butter over slow flame in a deep saucepan, blend in 2 T. flour till there are no lumps. Slowly add  $\frac{1}{2}$  c. milk or thin cream, 1 can minced clams, the diced potato and some of the potato water until you have the desired consistency. Let this simmer long enough for the flavors to blend. Chopped parsley or bacon bits are good on top.

Edith Potter

### QUICK CLAM CHOWDER

2 slices salt pork, diced fine	3 c. cold water
3 med. potatoes, diced	1 $7\frac{1}{2}$ -oz. Richelieu minced clams
1 sm onion, diced	Salt to taste

Fry salt pork until crisp. Drain off all but 2 T. grease. Into saucepan combine fried salt pork, the 2 T. grease, potatoes, onion and water. Cook on med. heat until tender. Add can of clams with juice and bring just to boiling point. Sprinkle with instant parsley flakes. Let stand for 5 min. and serve with your favorite crackers. About 6 servings.

Opal Weatherly

#### CLAM CHOWDER

2 pkg. dehydrated cream of potato soup	1 can Snow's minced clams (7½ oz.)
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Blend 4 c. of cold water into potato soup. Add clams and liquid. Simmer 10 min., partially covered.

Add 1 c. canned milk and 1 c. water.

Thicken to desired consistency with dehydrated mashed potatoes. Add butter, salt and pepper to taste. Do not boil again.

Maude Flory

#### FISH CHOWDER (pronounced "Fish Chowda")

2 lb. frz. fillets (or fresh) - cod or haddock	1½ qt. whole milk (or 2 cans evap., 2 cans water)
1/3 lb. salt pork, diced	
2 med. onions, chopped	6 med. potatoes

Cook fish in water to cover; if haddock is used, salt the water. Fish should be flaky, not mushy; set aside to cool. Fry salt pork cubes until crisp. Drain on paper using the fat to cook onions on low heat until tender. While potatoes cook, pick fish flakes carefully from bones. When done, add fish flakes, milk;

set aside until serving time.

Serve piping hot, garnished with salt pork scraps. (If no salt pork is available, use butter to cook onions; add 3-4 T. of butter just before serving.)

Good crusty bread and a green salad make this chowder a filling meal for 6 hungry people.

Annette Fraser

#### HOMEMADE TOMATO SOUP

1 c. tomatoes	2 T. butter
¼ T. soda	1 tsp. salt
2 T. flour	Pepper to taste
1 pt. milk	

Cook tomatoes for 10 min. Remove from heat, strain and add soda. Make a thin white sauce of the remaining ingredients. Keep hot. Immediately before serving pour tomatoes into white sauce. Serves 4.

Barbara Hills

#### OLD-FASHIONED VEGETABLE SOUP

Making this soup requires all day (9 hrs.) cooking but really very little actual preparations.

In the morning, about 9 o'clock, place several lb. of beef bones and 2 lb. of stew meat in a very large kettle and add about 1 to 1½ gallons of water. Add 2 to 3 tsp. salt and bring to a boil. Skim off the foam. Reduce heat and boil gently about 3 hrs. About noon, remove the bones. Add a 15 oz. can tomato sauce and a quarter head of cabbage, finely shredded. Continue cooking about 2 hrs. and then (around 2:30 o'clock) add 2 average-sized diced onions, 5 sliced carrots,



3 to 4 diced potatoes,  $1\frac{1}{2}$  c. sliced celery, can of green beans,  $\frac{1}{4}$  c. minced parsley and 1 tsp. black pepper. Simmer slowly several more hrs. Taste for seasoning and add more salt if needed. Two hrs. before serving (4 o'clock) add  $\frac{1}{3}$  c. barley, and about three-quarters of an hr. before serving (about 5:15 o'clock) add  $\frac{1}{3}$  c. alphabet macaroni. You may have to add additional water, but this is supposed to be a thick soup.

Note: You can create a marvelous meal when you serve this soup with homemade bread still warm from the oven.

Shirley Amen

#### NAVY BEAN SOUP

Simmer a ham hock in 2 qt. water. Add 1 pkg. dried navy beans and bring to a boil. Then let this sit for an hr. or two. Add 1 can tomatoes, salt, pepper, marjoram and 2 minced onions and simmer until beans are tender. This is better after it has "sat" overnight. The marjoram is very essential.

Edith Potter

#### COLD SENGALESE SOUP

Blend for 30 seconds: 1 can cream of chicken soup, 1 can thin cream, 1 T. lemon juice, 1 tsp. curry powder. Serve cold.

Edith Potter

#### BRUNSWICK STEW

3 c. chopped turkey	$\frac{1}{2}$ large bottle catsup
2 c. water	1 T. Worcestershire
1 c. turkey gravy	1 tsp. hot sauce (Texas Pet
2 carrots, 2 onions, 2	1 tsp. pepper, 1 tsp. salt
potatoes	1 can creamed style corn
	1 can lima beans

Simmer all ingredients except corn and lima beans. Mash with a potato masher. Add lima beans and corn and simmer for 1 hr. more. Adjust seasoning. Serve with hoe cakes or corn bread. Freezes well.

Martha Martinat

### BRISKET

3½ lb. brisket, 1st cut      Seasonings  
2 onions

Use first cut brisket. Sear on both sides in dutch oven. Season with salt, pepper, garlic powder and paprika. Put very little water on bottom. Cut up 2 onions. Put 2 bay leaves on meat. Cook uncovered at 350° for 1 hr. Then cover and cook about 1 hr. longer. After 1st hr. add water if necessary.

When meat is done, remove and make gravy by adding more water with flour for thickening.

Leslie Chepenik

### CORNERD BEEF IN FOIL

1 3-4 lb. cornerd beef	1 onion, thinly sliced
brisket	1 stalk of celery with
2½ T. mixed pickling spice	leaves
1 orange, thinly sliced	1 carrot, thinly sliced
(leave peel on)	

Soak cornerd beef in cold water to cover 1 hr. Lay on large sheet of heavy duty foil or double thickness of regular foil on shallow baking pan.

Lift cornerd beef from water and pat dry with paper towels. Place on foil fat side up in center of foil. Sprinkle with pickling spice. Arrange sliced orange

and onion over and around meat. Add celery and carrot.

Bring long ends of foil up over meat and seal with double fold. Seal narrow ends, turning up so liquid won't run out. For easier handling place foil-wrapped meat on baking sheet and bake in slow oven, 300°, 3-3½ hrs. or till done. Makes 8-12 servings. (Remove all from top and slice fat off top, then slice corned beef in thin strips.

Barbara Jackson

#### ROLLADEN

Round steak	Salt
Onions, sliced	Pepper
Bacon, cut in 1 in. squares	Carrot

Cut round steak in serving size pieces. Pound steak to tenderize. On each piece place 1 sq. of bacon and 1 slice of onion. Roll up and fasten with tooth picks or tie with string. Roll in flour and brown in hot grease. Remove from skillet. Add flour to skillet to make roux, add water to make med. thick gravy. Grate carrot into gravy. Add meat. Bake 1 hr. at 350°

A simple family treasure. This is a prize-winning recipe of my mother's. For a long time, as a child, I thought one had to serve it if the pastor came to dinner. Later I learned that they often requested that Mother serve it.

Barbara Hills

#### MEAT PIE English Recipe

1 8-oz. pkg. macaroni	½ lb. Cheddar cheese
½ lb. butter	1½ pt. milk
1 lb. minced meat	2 dessert spoons flour
2 eggs	2 lb. tomatoes
	Salt and pepper

Boil macaroni in salted water. Make white sauce of  $\frac{1}{4}$  lb. of butter, flour, milk. Fry minced meat in the balance of the butter and add 1 lg. chopped onion, the skinned tomatoes, salt and pepper. Mix half the macaroni with half the white sauce and place in the bottom of a deep pan. Cover with the meat mixture and then the rest of the macaroni. Pour over the balance of the white sauce. Sprinkle thickly with grated cheese. Beat the eggs and pour over the top. Dot with a little more butter and bake for  $\frac{1}{2}$  hr. at 400°.

Jenny McConnachie

#### MEAT IN BLANKET

1 $\frac{1}{2}$ lb. hamburger	1 tsp. prepared mustard
1 onion, chopped	$\frac{1}{2}$ tsp. garlic powder
2 eggs, beaten	Salt and pepper to taste
2 T. catsup	Pastry for crust
1 T. Worcestershire	

Brown hamburger and drain. Saute onion. Mix all ingredients with meat. Place in pastry lined pie dish. Top with crust. Cook at 400° until crust is brown. Serve hot with following sauce: 1 can mushroom soup, diluted with  $\frac{1}{3}$  c. water - heated.

Martha Martinat

#### COMPANY CASSEROLE

8 oz. egg noodles	1 c. cottage cheese
2 cans Hunts tomato sauce	$\frac{1}{2}$ green pepper, diced
1 lb. ground beef	2 or 3 green onions,
1 c. sour cream	chopped
1 8-oz. pkg. cream cheese	

Prepare noodles according to directions on pkg. Brown beef, add tomato sauce and simmer 10 min. Mix cheeses, sour cream, pepper and onions in bowl (blender if you

have one). Put into greased casserole, layer of noodles, layer of cheese "goo"; repeat in layers. Pour beef sauce on top of casserole. Bake in 350° oven for 20-25 min. Serves 8-12.

Nell Gentry

### CASSEROLE

1 lb. stew beef and  $\frac{1}{2}$  lb. pork ground together  
2 diced onions.

Cook in margarine or half margarine and half olive oil.

Add 2 cans Tomato soup.

1 3-oz. cream cheese crumbled

2 T. sugar

$1\frac{1}{2}$  T. Worcestershire

2 tsp. salt - pepper

Cook 8 oz. wide noodles

Mix 1 c. mushrooms and

1 c. cornflakes.

Put all together - in casserole, and bake 30 min. in 350° oven uncovered. Five min. before serving top with 1 c. chopped salted almonds.

Julia Bronner

### TASTY CASSEROLE

1 lb. ground beef

2 T. cream of milk

1 pkg. frz. peas

1 sm. onion, chopped

2 c. chopped celery

Salt and pepper

1 can cream of mushroom  
soup

1 c. crushed potato chips

Brown hamburger until crumbly. Drain off grease. Put in bottom of casserole. Arrange peas over meat. Cover with celery.

Mix and heat soup, onion, salt, pepper, cream and pour over meat and vegetables.

Top with chips. Bake at 375° for 30 min. Serves 6.

Joan Hood

### SCOTT'S STEW

1 lb. ground chuck	16 oz. can Veg-All,
1 T. instant onion (or	drained
1 med. onion, chopped)	10½ oz. can tomato soup
¼ tsp. salt	4 oz. can mushrooms
1/8 tsp. pepper	(optional)

Brown ground beef and onion. Drain. Add seasonings. Stir in vegetables, soup, and mushrooms. Pour into buttered 1½ qt. casserole. Bake at 375° for 20 min. Serve with biscuits or instant mashed potatoes for a quick meal. Do not substitute other canned mixed vegetable for Veg-All. Serves 4-6

Scott's Stew because my son from age 2 has had this as his favorite dish. Excellent way to get meat and vegetables in a child.

Margaret Richardson

### SAUERKRAUT WITH POTATOES AND SAUSAGE AND/OR BACON

3 lb. sauerkraut (use bulk-	4 lb. potatoes
Dutch cut)	Some salt
2 oz. butter or margarine	Sausage, Pepperoni or
or bacon (1 lb.)	Polish

Wash the sauerkraut and simmer for an hr. with half volume of water. Peel the potatoes and boil them in salted water and bacon if it is used. Take out the bacon and mash the potatoes. Add the potatoes



to the sauerkraut and mix it together. Keep it warm in the oven. Heat the sausages or serve with bacon. In case no bacon is used, fry the sausage in butter and mix this butter through the sauerkraut and potatoes or pour it on top of it.

Jettina Haven

KRAUTBEIRUCH  
(Cabbage and Meat Buns)

Meat Filling

2 lb. ground chuck	2-3 tsp. salt
1 head of cabbage	1-1½ tsp. pepper
3 onions	

White Bread Dough

½ c. milk	2 tsp. salt
1½ c. water	1 pkg. yeast
3 T. shortening	5½-6½ c. flour
3 T. sugar	

Dissolve yeast in ¼ c. of the water. Scald milk and pour into large mixing bowl. Add remaining water, shortening, sugar and salt. Cool to lukewarm and add dissolved yeast. Add flour gradually, stirring well. After adding 5½ c. flour, turn out on floured board and knead 10 min. adding additional flour to control stickiness. Place in greased bowl, cover with damp cloth and let rise until doubled in bulk.

Now prepare meat filling. Slowly heat a large, heavy skillet sprinkled with salt. Place in the skillet the ground chuck, cabbage and onions cut in large chunks. Add the salt, pepper. Cover pan and cook slowly till the cabbage and onions are soft and meat cooked, about 20-25 min. Turn off heat. Drain off as much grease and juice as possible.

After bread dough has doubled, turn out about 1/3 of it on lightly floured board. Roll out to about 1/4 in. thickness. Cut into squares approx. 4 in. Place some of the drained meat filling in center of each square. Bring corners to center and pinch edges together, enclosing filling. Turn over and place on baking sheet. Continue with remaining dough until filling is all used.

Let rise 30 min. and bake in 350° oven for 25 min. or until light golden brown. Let cool 10-15 min. and serve.

Shirley Amen

HOTCH POTCH WITH CARROTS  
Dutch recipe

3 lb. big carrots	<u>Mustard Sauce</u>
4 1/2 lb. potatoes	2 bouillon cubes
1 lb. onions	2 c. water
2 lb. stew meat	2 T. corn starch
2 oz. margarine or butter (half stick)	1 T. dry mustard
Salt	3 T. butter
1 qt. water	

Boil the meat in the water and salt for an hr. in covered pan. Stir occasionally. Clean and slice the carrots, peel the potatoes and onions and slice them. After 1 hr., take out the meat, add carrots and continue boiling. After 15 min. add potatoes and onions and boil 30 min. more. The carrots boil 45 min in all, this way. Add water if it evaporates while cooking. Drain and mash the vegetables. Keep hot.

To prepare the sauce, dissolve the bouillon cubes in the boiling water. Add some water to the corn starch, stir and pour into the boiling solution. Boil and stir till thickening. Add the butter. Mix the mustard

with some water and add to the sauce.

Serve the Hotch Potch with the reheated or baked meat and the sauce. Flatten the potatoes and carrots in a dish and make diamonds on the surface with a fork. Garnish the dish with some parsley. Serves 6.

Served on Oct. 3, in memory of the rescue of Leyden in 1574 after occupation by Spain. During the occupation there was a lack of food. Leyden is a city in Holland.

### Jettina Haven

#### CURRIED STUFFED CABBAGE

1 lg. head of cabbage	$\frac{1}{2}$ tsp. curry powder
1 lb. ground beef	1 sm. onion, diced
1 c. cooked rice	$\frac{1}{8}$ tsp. pepper
1 tsp. salt	

Remove 8 lg. leaves from cabbage. V-trim the heavy center stalk vein, and put in boiling salted water until flexible. Drain.

Mix other ingredients, divide into 8 portions and place in center of leaf, wrapping edges around.

Place rolls fold down in skillet, cover with  $1\frac{1}{2}$  c. tomato juice or 1 8-oz. can tomato paste plus 8 oz. water, or 1 can tomato soup plus water to make 2 c.

Cover and simmer  $\frac{1}{2}$  hr. Serves 8.

Mary Anne Hayes

#### EASY BARBECUED SPARERIBS

$\frac{1}{2}$ c. catsup	$\frac{1}{2}$ tsp. chili powder
$\frac{1}{4}$ c. vinegar	$\frac{1}{2}$ tsp. mustard
$\frac{1}{4}$ c. sugar	1 med. onion, finely chopped
$\frac{1}{2}$ tsp. salt	2 lb. spareribs

Combine ingredients for barbecue sauce. Pour sauce over ribs. Cover and bake at 375° for 45 min. Remove cover and brown for 45 min. Serves 4.

June Stoll

### SHOYER CHICKEN

3/4 c. Soy sauce	3 garlic cloves, crushed
1 T. noney	1 star anise
1/2 c. brown sugar	1/4 c. chopped green onion
1 c. water	2 T. sherry
2 T. grated fresh ginger	* * *
or 2 tsp. dried ginger	1 frying chicken (3-4 lb.)

Combine ingredients (except chicken). Bring to a boil and let simmer for 2 min. Use this sauce in the following ways.

1. Add whole chicken. Cover and simmer 40 min. Arrange chicken on platter. Thicken part of broth with cornstarch and serve as a sauce.
2. Cut chicken into pieces and cook as above.
3. Use as a marinade and basting sauce for barbecue chicken.

The sauce can be used for boiling (#1 and 2) several times. Refrigerate ~~in~~ between uses. Serves 3-4.

A favorite in our family. We learned about it when we lived in Hawaii.

Lenore Webber

## FOIL-BAKED CHICKEN

½ c. water	2 tsp. salt
1/3 c. catsup	2 tsp. paprika
1/3 c. vinegar	2 tsp. chili powder
¼ c. brown sugar	2 tsp. dry mustard
4 T. melted butter	* * *
2 T. Worcestershire	2 broiler-fryers, 2½-
2 T. lemon juice	3 lb. each, cut up

In bowl, blend together all ingredients except chicken. Dip chicken pieces in sauce. Divide chicken in serving-size portions, placing each serving on separate piece of heavy foil. Pour about 1 T. sauce over each portion of chicken and seal foil securely.

Bake at 400° for 45 min. Open foil packets; brush with remaining sauce. Bake 15 more min. Serves 6 or more.

Tasters consider this the best - sauce has zing but not too much to suit us.

Elsie Mertes

## CHICKEN-CHOW BAKE

2 c. diced cooked chicken	1 T. Soy sauce
1 can cream of mushroom soup	1 c. diced celery
9 oz. can pineapple tidbits	2 T. chopped green onions
	1 3-oz. can chow-mein noodles

Combine all ingredients, reserving 1/3 of the noodles. Mix well and pour into casserole. Sprinkle with the remaining noodles and bake for 50 min. at 350°. Serves 4-5.

Sue Hendricks

## SIMPLE OVEN BAKED CHICKEN FOR FOUR

Skin and chill four extra large chicken breasts. Melt butter, coat chilled chicken - before butter sets,

sprinkle chicken with garlic, salt, ground thyme, paprika, and a generous portion of Parmesan cheese. Top with finely crushed potato chips and finely chopped fresh parsley. Sprinkle with more melted butter and repeat the seasonings to suit individual taste. Bake at 350° for 45 min. to an hr.

Lee Carter

#### .CURRY

2 onions, chopped	1 c. turkey broth
2 apples, chopped	3-4 c. cooked turkey
2 T. curry powder	½ c. coconut
1 tsp. ginger	<u>Optional:</u> lime juice

Cook onions and apples in butter until brown. Add curry powder, ginger and broth. Cook 20 min. Add turkey and simmer 1½ hrs., adding more broth or water as needed. Optional: squeeze lime juice over. Serve with rice and condiments.

Martha Martinat

#### .SALMON MOLD

Melt in double boiler 1 lg. pkg. cream cheese, 1 can tomato soup, 1 c. mayonnaise.

Add 2 T. plain gelatin dissolved in cold water, 1 T. scraped onion, ¾ c. chopped celery and ½ diced green pepper, 1 can (lg.) flaked salmon.

Put in mold - serve on lettuce with mayonnaise.

Julia Bronner



## CRAZY EGGS

Hard cook 6 eggs, allow to cool -- peel and devil as you like them. (I use 2 T. mayonnaise,  $1\frac{1}{2}$  T. catsup, 1 T. mustard,  $\frac{1}{2}$  tsp. sugar,  $\frac{1}{2}$  T. salt,  $\frac{1}{2}$  tsp. pepper. Put all this in blender or mash with fork.)

Put filling back into whites of eggs and place in buttered baking dish.

Blend 1 can golden mushroom soup with  $\frac{1}{4}$  c. water and  $\frac{1}{4}$  c. sherry wine. Pour over eggs and bake in  $350^{\circ}$  oven 15-20 min. until bubbly.

Note: If feeding a coach before the game, sherry may be omitted. After a win, use sherry. After a loss, double sherry.

Anita McClosky

## VIRGINIA CORN PUDDING

2 c. <u>fresh</u> corn	$1\frac{1}{2}$ T. flour
2 eggs	1 T. sugar
1 c. coffee cream	1 T. minced green pepper
Salt and cayenne pepper	(optional)
to taste	$\frac{1}{2}$ stick butter
$1/8$ tsp. mace or nutmeg	

Cut corn from cob and scrape out all of the pulp. Mix corn, flour, seasonings, gr. pepper (if used) and add well beaten eggs and cream mixture. Add melted butter. Pour into a baking dish. Set pan in pan of warm water, and bake at  $350^{\circ}$  for 30 min. Serves 4 or 5.

Betty Olive

## CONNECTICUT CORN PUDDING

- |  |                        |
|--|------------------------|
| 2 c. corn (canned, frz., or fresh)                 | 1 c. soft bread crumbs |
| 6 strips bacon, fried crisp and broken into pieces | 2 eggs, beaten         |
| ½ gr. pepper, diced                                | 2 c. milk              |
| 1 sm. onion, diced                                 | 1 tsp. salt            |
|  | More bread crumbs      |
|  | Butter                 |

Saute pepper and onion in the bacon drippings. Add corn, bread crumbs, eggs, milk, salt, and bacon. Stir together and pour into greased 1½ qt. casserole dish. Top with more bread crumbs and add bits of butter. Bake in 375° oven for 40 min. Serves 6.

This corn pudding is especially flavorful and I consider it to be an excellent recipe!

Jeanne Williams

## CORN FRITTERS

- |                                       |  |
|---------------------------------------|--|
| 1 can vacuum packed whole kernel corn | 4 T. flour - or enough to make a thin batter |
| 1 well-beaten egg                     | Salt to taste                                |
| 2 T. milk                             |  |

Mix thoroughly and drop by T. into hot fat in a frying pan. Brown on both sides as you would a pancake. Serves 4.

Delicious as a main dish for lunch or as a vegetable for dinner.

Peggy Shoemaker

## CARROT PUDDING

$\frac{1}{2}$ c. shortening or butter	$\frac{1}{2}$ tsp. soda dissolved
$\frac{1}{2}$ c. brown sugar (or white)	in 1 T. hot water*
1 egg	1 tsp. baking powder
1 c. grated raw carrot	$\frac{1}{2}$ tsp. salt
2 tsp. lemon juice and	$\frac{1}{2}$ tsp. nutmeg
grated lemon rind	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ c. seedless raisins	$1\frac{1}{4}$ c. flour
(optional)	

Cream butter and sugar. Add egg, flour, carrots, lemon juice, spices. Put in cold oven and cook 1 hr. at 350°.

The carrot pudding is sweet and of the consistency of cake. We enjoy it as a special vegetable with our meals.

Lucy Milner

## SAUERKRAUT

(Calm courage conquers sauerkraut)

2 T. butter or bacon	1 med. size tart apple
drippings	2 T. brown sugar
$\frac{1}{2}$ c. sliced onion	1 tsp. caraway seed
1 qt. sauerkraut	Stock or stock substitute

Melt bacon drippings, add onion and saute. Add and saute sauerkraut for 5 min. Peel, grate and add apple. Cover kraut with boiling stock or stock substitute. Cook uncovered for 30 min. Add caraway seed. At this point weiners or par-boiled spareribs may be added to the sauerkraut. Cover and simmer slowly or bake at 325° oven for 30 min. Serves 6.

I have served this for every occasion and everyone likes it. It is of German origin.

Merry Powers

## POTATO CROQUETTES

To mashed potatoes add chopped parsley. Form into flat, oval patties about 3 in. long. Dip into beaten egg and then slivered almonds. Fry until golden brown.

Note: We ate this in Metz, France while we were there.

Helen Smiley

## GOLDEN CONGEALED SALAD

2 pkg. orange gelatin	1 pt. orange sherbert
1 c. hot water	1 1-lb. can drained pineapple
1 c. orange juice	tidbits
1 c. sour cream	1 11-oz. can mandarins, drained

Dissolve gelatin in hot water.

Add orange juice and chill until mixture begins to thicken.

Add sour cream and orange sherbert.

Beat until thick, foamy.

Add drained pineapple and orange sections.

Pour into 2 qt. mold.

Chill until firm and turn out on crisp salad greens.

Marie Turner

## SCANDINAVIAN SALAD

1 can French style green beans	1 red onion
1 can midget green peas	$\frac{1}{2}$ c. oil
1 can baby limas	1 c. vinegar
3 stalks celery	Dash of salt
1 bell pepper	1 c. sugar

Drain canned vegetables. Chop fresh vegetables. Mix and let set overnight with cover. Drain and serve. Serves 16 or more. Will keep for several days in refrigerator.

### HUSSARS SALAD (Dutch)

3/4 lb. cold meat  
3 apples  
3 eggs  
10 boiled potatoes  
4 beets

1/2 lb. lettuce  
Some salad onions  
Some small sweet gherkins  
Mayonnaise  
Pepper, salt

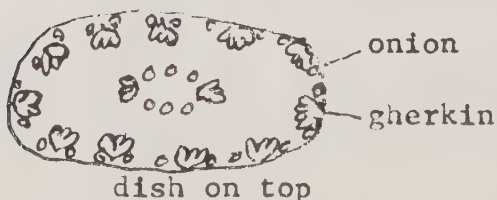
Cut the meat or herring (an alternate) in small pieces. Boil the eggs hard and cut the whites and yolks separately. Peel and cut the apples to small pieces and mash the potatoes. Wash the lettuce and cut it. Make dice out of the beets. Mix everything and add some salt and pepper and mayonnaise. Stir with wooden spoon. Put it on a large oblong plate, higher up in the middle. Cover it with a thin layer of mayonnaise and arrange the gherkins and the salad onions (which are imported from Holland in a jar) around and on top. Cut gherkins and spread the parts out as shown in picture:



gherkin cut



spread out



dish on top



cross section

Jettina Haven

### 1954 CHRISTMAS CAKE

1 c. butter  
5 eggs  
1 2/3 c. sugar  
2 c. sifted plain flour  
1/2 lb. shelled pecans

1/2 lb. shelled black walnuts  
1 lb. candied cherries  
1 4-oz. can moist style  
shredded coconut  
Dash of salt

Before you start, break up nuts in desired pieces. Get both red and green cherries and slice in rings. You may not be able to get this coconut now, so angel flake is fine. This would be pretty baked in a bundt pan.

Then, cream butter until light and fluffy. Add sugar gradually and cream well. Add eggs one at a time beating well after each addition.

Coat nuts and cherries with a portion of the flour. Stir remaining flour into creamed mixture. Add nuts, cherries, coconut and mix.

Turn into a tube pan which has been greased and the bottom lined with greased brown paper. Place aluminum foil over the top of the pan and squeeze tightly around the edges. Place a pan of hot water in the bottom of the oven.

Bake 3 hr., 15 min. at 250-275° Remove foil the last 45 min. or so of baking.

I obtained this delicious recipe in my early married years at "ole Wake Forest." It has become a traditional family favorite. I might add this came out in the Journal and Sentinel as the 1969 Christmas Cake.

Opal Weatherly

#### GOOD AND EASY POUND CAKE

1 lb. margarine	1 tsp. vanilla flavoring
1 box confectioners sugar	3 c. flour (sifted)
6 eggs	
1 tsp. almond flavoring	

Cream butter and sugar. Add eggs one at a time. Add flavorings and flour. Pour into large tube pan. (Bundt pan is best.)

Sally Gulley



## CARROT CAKE

2 c. plain flour                       $\frac{1}{2}$  tsp. salt  
2 tsp. baking soda                  2 c. sugar  
2 tsp. cinnamon

Sift together these ingredients.

Add:  $\frac{1}{2}$  c. Wesson oil  
4 eggs  
3 c. grated carrots (about 6 lg.)

Pour into 9 x 13 pan and bake at 375° for 45 min.

Frosting: combine and mix  
 $\frac{1}{2}$  box powdered sugar  
 $\frac{1}{2}$  8-oz. pkg. cream cheese  
 $\frac{1}{2}$  stick oleo  
1 tsp. vanilla

Dorothy Clougherty

## NEVER FAIL SEVEN MINUTE FROSTING

2 egg whites, unbeaten  
 $1\frac{1}{2}$  c. sugar  
5 T. water  
 $1\frac{1}{2}$  tsp. light corn syrup  
1 tsp. vanilla

Combine all ingredients in the top of a double boiler. Beat on high speed for seven min. Remove from unit and add vanilla. Makes enough to cover tops and sides of 2 9-in. layers.

Shirley Hamrick

## COCOA FROSTING

$\frac{3}{4}$  c. Hershey's cocoa                  1 tsp. vanilla  
4 c. confectioner's sugar               $\frac{1}{2}$  c. evaporated milk  
 $\frac{1}{2}$  c. butter or margarine              (do not substitute)

Mix cocoa and sugar.

Cream part of the cocoa sugar mixture with the butter. Blend in vanilla and half of the milk.

Add remaining cocoa-sugar mixture and blend well.

Add remaining milk and beat to desired spreading consistency. Additional milk may be added if desired.

This is a "never fail" frosting. Will frost 2 9-in. layers.

Ione Preseren

#### CHOCOLATE SAUCE OR FROSTING

1 c. sugar	$\frac{1}{2}$ stick margarine
$\frac{1}{4}$ c. cocoa (Hershey's)	$\frac{1}{4}$ c. milk

Melt margarine. Mix in other ingredients and boil for 1 min. Excellent ice cream topping or may be doubled for frosting for cake. Can be reheated but tends to granulate.

Joan Hood

#### MOTHER'S PUMPKIN PIE

$1\frac{1}{2}$ c. cooked pumpkin	$\frac{1}{4}$ tsp. ginger
3 eggs	$\frac{1}{4}$ tsp. cloves*
$1\frac{1}{4}$ c. rich or evap. milk	$\frac{1}{4}$ tsp. nutmeg
1 c. sugar	$\frac{1}{4}$ tsp. mace
$\frac{1}{2}$ tsp. salt	* * *
1 tsp. cinnamon*	1 unbaked 9 in. pie shell

Place pumpkin in bowl, add eggs singly and mix well. Combine sugar, salt and spices, add to pumpkin, add milk last. Pour into 9 in. unbaked pastry shell. Bake in hot oven, 425°, for 10-15 min., reduce heat to 350° and bake until filling is set.

\* I use rounded measures of the cinnamon and cloves.

One of my mother's most popular recipes. One faculty member was reported to have refused pumpkin pie at a restaurant commenting that after having eaten this pie, any other pumpkin pie would be a "let down."

Barbara Hills

#### MOTHER'S COTTAGE CHEESE PIE

Sm. 7-8 in. pie crust,	1 c. milk
unbaked	1 c. cottage cheese
2 beaten eggs	Cinnamon or nutmeg to
½ scant c. sugar	sprinkle

Prepare small pie crust for pan. Add sugar and milk to beaten eggs, folding in cottage cheese last. Sprinkle cinnamon across top of pie (or nutmeg.) Bake at 325° for 50-60 min. or until silver knife inserted comes out clean.

This is a delicious and appropriate dessert for rich, heavy, or spicy meals, as it most nearly resembles a plain custard pie. It is especially good following Italian pasta. This recipe is a grand use for cottage cheese that has been around a bit too long. In fact the pie is tastier if the cheese has just a tang of sour to it to contrast with the sweet custard.

Caroline McDonald

#### RHUBARB PIE

1½ c. sugar	2 eggs beaten
3 T. flour	3 c. chopped rhubarb
½ tsp. butter	

Blend sugar, flour, nutmeg and butter; add eggs and beat until smooth. Add rhubarb. Pour into pie crust and cover with pastry strips. Bake in oven at 450° for 10 min., then reduce heat to 325° and bake for 30 min. more.

Annette Fraser

### SOUR CREAM PIE

1 c. sour cream	white of 1 egg
1 c. raisins	
1 c. sugar	<u>Meringue</u>
½ tsp. cinnamon	2 egg whites
¼ ground cloves	4 T. sugar
yolks of 3 eggs	

Mix all the ingredients together and pour into an unbaked, 9 in. crust. Bake at 350° until the filling bubbles in the center -- approx. 35-45 min.

Spread with meringue and return to oven to brown. Make meringue by beating egg whites until soft peaks form. Add sugar 1 T. at a time, until stiff peaks form.

My grandmother's recipe which has been a family favorite for years and years. It was served at our wedding dinner -- and the dinner was nearly over before any of us noted that in our excitement the raisins had been omitted.

Barbara Hills

### COCOANUT CREAM PIE

2/3 c. sugar	3 slightly-beaten egg yolks
3½ T. cornstarch or 5 T. flour	1 tsp. vanilla
½ tsp. salt	1 c. shredded cocoanut
2½ c. milk	

Combine sugar, salt and cornstarch (or flour) in top of double boiler. Stir in cold milk and cook over boiling water until thick, stirring constantly. Cover and cook 15 min. Take off and stir a little hot mixture into beaten yolks. Add this to remaining mixture in double boiler. Cook over hot - not boiling - water 2 min., stirring constantly. Cool and add vanilla and  $\frac{1}{2}$  c. cocoanut. Pour into pie shell. Cover with meringue and sprinkle with remaining cocoanut. Bake at 325° for 15 min.

Dorothy E. Dawson

#### APPLE CRISP I

7-8 cooking apples (tart)	Nutmeg (grated)
Butter	$\frac{1}{2}$ c. flour
Brown sugar	$\frac{1}{2}$ c. granulated white sugar

Core and peel apples. Put half in bottom of baking dish. Sprinkle with brown sugar and dot with butter. Grate about  $\frac{1}{3}$  of a whole nutmeg on top of the brown sugar. Repeat with remaining apples. Combine flour, sugar, 2 T. butter, and a little of the grated nutmeg, and mix thoroughly. Put on top of apples and bake in mod. oven for about 40 min. Serve plain or with whipped cream. Serves 6.

Marion Divine

#### APPLE CRISP II

6 med. sized apples	$\frac{1}{2}$ c. firmly packed brown
$\frac{1}{3}$ c. sifted all-purpose	sugar
flour	$\frac{1}{2}$ tsp. salt
1 c. Quaker oatmeal (quick	1 tsp. cinnamon
or old fashioned, un-	$\frac{1}{3}$ c. melted butter or ole
cooked)	

1. Peel, core and slice apples; place in greased baking dish.
2. Combine dry ingredients, add melted oleo, mixing until crumbly - sprinkle on top of apples.
3. Bake in 375° oven 30 min. or until apples are tender. Serve warm or cold with whipped topping. Will serve 8.

Elsie E. Ramsey

### CRANBERRY CASSEROLE

- |                                      |  |
|--------------------------------------|--|
| 1 c. cranberries (raw,<br>and whole) | 3/4 c. brown sugar<br>3/4 c. white sugar |
| 2 c. chopped peeled apples           |  |

Mix in casserole the above ingredients. Add a topping made of:

- |                            |                            |
|----------------------------|----------------------------|
| 1 c. oatmeal               | 1/2 c. brown sugar         |
| 1 c. chopped pecans        | 1/2 c. white sugar         |
| 1 stick of butter (melted) | 1 tsp. cinnamon (to taste) |

Bake at 400° for about 45 min.

Marge Felmet

### CHO-COOKIE DESSERT

- |   |   |
|---|---|
| 12 chocolate (cream filled) sandwich cookies, crushed | 3/4 c. water<br>1/2 tsp. salt<br>1/2 c. black walnuts |
| 1 c. pitted dates, cut up                             | 1/2 c. heavy cream                                    |
| 2 c. miniature marshmallows (or 16 lg. ones), cut up  | 1/2 tsp. vanilla                                      |

Reserve 1/2 c. crumbs. Spread remainder of crumbs in 10 x 6 x 1 1/2 in. baking dish. In saucepan combine dates, water and salt; bring to boiling point. Reduce heat and simmer 3 min. Remove from heat and add



marshmallows and stir until dissolved. Cool to room temperature. Stir in chopped nutmeats. Spread date mixture over crumbs. Combine cream and vanilla and whip. Swirl over date mixture. Sprinkle with reserve crumbs. Top each serving with a maraschino cherry. Serves 6.

A very rich but luscious dessert! Pecans can be used instead of black walnuts, but it will not be as good.

Kathryn Dimmick

#### LEMON PUDDING

3 T. flour	1 c. milk
3 T. butter	Juice of 1 lemon
1 c. sugar	Rind of 1 lemon, grated
2 egg yolks, beaten	2 egg whites

Combine flour, butter,  $\frac{3}{4}$  c. sugar. Add egg yolks, milk and lemon juice and rind. Beat well. Add rest of sugar to stiffly beaten egg whites. Fold into first mixture. Pour into buttered baking dish, place in pan of hot water and bake at  $350^{\circ}$  for 1 hr. Top is like cake and bottom portion like lemon jelly.

Pat Williard

#### OZARK PUDDING

1 egg	$\frac{1}{8}$ tsp. salt
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ c. raw chopped apples
2 T. flour	$\frac{1}{4}$ - $\frac{1}{2}$ c. chopped nuts
$1\frac{1}{4}$ tsp. baking powder	1 tsp. vanilla

Beat egg and sugar for a long time until it is very smooth. Mix flour, baking powder, and salt and then stir into egg-sugar mixture. Add apples, nuts, and vanilla.

Bake in buttered pie-pan in med. oven, 350°, for 35 min. Serve with whipped cream or ice cream. (Sometimes it falls, but this does not hurt the pudding.) Serves 6.

Elizabeth D. Stroupe

### ELIZABETHAN PLUM PUDDING

1 c. chopped drained maraschino cherries	¼ c. fine dry bread crumbs
¾ c. finely chopped candied citron	¾ c. dark brown sugar, packed
1/3 c. chopped walnuts	¾ c. light brown sugar, packed
¾ c. currants	¼ tsp. salt
¾ c. seedless raisins light	2 eggs, beaten
¾ c. dark seedless raisins	1½ tsp. grated lemon rind
¾ c. brandy	1½ tsp. lemon juice
¾ c. flour	¼ c. apple jelly
½ tsp. cinnamon	2 T. melted butter, cooled
¼ tsp. each: ginger, mace, nutmeg, cloves	* * *
¾ c. ground suet	Cherry Hard Sauce
	Whole cherries with stems for garnish

I. Blend together thoroughly: chopped cherries, citron, walnuts, currants, light and dark raisins and brandy. Allow to stand overnight or 24 hrs.

II. Combine and sift together flour and spices. Mix in suet, bread crumbs, sugars and salt. Stir into fruit mixture. Blend lemon rind, juice and jelly into eggs with egg beater and add to fruit mixture. Turn into a well-greased and floured 1½ qt. can or mold with a tight lid. Pour cooled butter over top of pudding.

III. Cover mold tightly with lid as aluminum foil, securing foil with string. Place mold on rack in steamer, deep pan or pail. Fill utensil with boiling water to

within 1 in. of top of mold. Cover utensil with lid. Steam gently for 4 hrs., adding more water if necessary to maintain proper level.

IV. Remove mold from utensil and uncover immediately. Allow to cool completely before wrapping tightly in foil to age. Before serving, heat over boiling water to warm. Serve with cherry hard sauce made like this:

#### Cherry Hard Sauce

Combine  $\frac{1}{4}$  c. softened butter or margarine,  $2\frac{1}{2}$  c. sifted confectioners sugar, 1 T. maraschino cherry juice,  $1\frac{1}{2}$  tsp. brandy and 1 unbeaten egg white. Beat until smooth and fluffy.

S.N.O.B.S.

#### KATE'S PICNIC COOKIES

$\frac{1}{2}$ stick of butter	1 c. flour
$\frac{1}{3}$ c. sugar	Few drops of vanilla
1 egg	1 c. chopped nuts
1 tsp. baking powder	

Cream butter and sugar, add egg and mix well, add flour mixed with baking powder, add vanilla and nuts. Drop by tsp. on baking sheet; bake about 12 min. at  $375^{\circ}$ . Makes about 2 doz. small.

Kate was my mother and picnics were very big in our family and these could be made in minutes for an impromptu picnic.

Katherine B. Isbell

## AUNT ADDIE'S SUGAR COOKIES

This recipe won the rolled cookie division in the 1969 Dixie Classic Fair.

1 c. shortening	1 tsp. salt
2 c. sugar	2 tsp. vanilla
3 eggs	

Cream well.

5-5½ c. sifted plain flour	1 tsp. baking soda
1 tsp. baking powder	

Sift and add to creamed mixture. Shape dough into oval and chill overnight. Roll a small amount of dough at a time. Cut and decorate before or after baking, using egg white cut with a little water as the "glue." Bake at 350° until done. (I use a pastry cloth and rolling pin cover to obtain a very light cookie.)

Barbara Rinker

## BROWNIES

4 sq. bitter chocolate	1½ c. flour
½ lb. butter	Pinch salt
2 c. sugar	1 tsp. vanilla
4 eggs	½ c. chopped nuts

Melt chocolate and butter together. Beat sugar and eggs until fluffy. Add cooled chocolate-butter mixture. Stir in vanilla, flour and salt. Mix well and blend in nuts. Pour batter in greased 9 x 13 in. baking pan. Bake in 300° oven for 35 min. (If using a metal pan, increase temp. 25° or bake about 5 min. longer.) When cool frost with:

2 sq. bitter chocolate	1 tsp. vanilla
3 T. butter	Cream
2 c. confectioners sugar	

Melt chocolate and butter together. Blend with sugar and vanilla and add enough cream to make frosting of spreading consistency. Spread over brownies and cut into squares.

This is my husband's favorite.

Judy Pollock

#### DATE AND NUT ROLL

3 c. sugar	6 candied cherries,
1 6½-oz. pkg. of dates,	chopped
chopped	1 c. pecans, chopped
1 c. milk	1 T. butter

Mix the sugar and milk, bring to boil and add dates and cherries. Boil slowly until mixture forms a soft ball. Add butter, set in pan of cold water. When nearly cool, add nuts and beat until thick and light in color. Dampen a clean dish towel and spread out flat on counter top. Turn candy out onto cloth and shape into a long roll about 2 in. in diameter. Wrap cloth around roll and allow it to become firm. It may then be sliced off as needed. It is desirable to keep the cloth moist so candy will slice without crumbling.

Keeps for several weeks if cloth is kept moist.  
This is the best candy in the whole world.

Lynn Kercheval

# SHORT ON TIME AND MONEY



EDITOR: *Martha Martinet*



Although we searched throughout the good Baptist institution of Wake Forest, we deeply regret not finding a Baptist, frugal and stingy enough, to edit this section. We found a Methodist. The frugal tips of the stingy Methodist can be summed up in, "Eat it all, wear it out, make it do, or do without."

## PLANNING

THINK! Read ads. A good "buy" this week may not be the next.

Try a main dish of eggs, one of cheese, and one of vegetables for dinner every week. Generally speaking, the best meat buys -- nutrition-wise -- in order are: hamburger, beef liver, frying chicken, pork shoulder, fish.

## SHOPPING

Shop infrequently and keep an emergency shelf for company or sickness. Avoid convenience food and impulse buying.

Go together with others to shop the wholesale farmers' market. Seasonal savings are terrific on fruit and vegetables.

Use coupons, but only for items you plan to buy anyhow.

## COOKING

Although short on time, remember: Haste makes waste, burned fingers, and an unhappy husband.

Cook with powdered milk. Mix half fresh milk with half prepared powdered milk to drink.

The French value a wife who can cook a meal with one stick of wood. (Therefore, don't heat your oven for one potato.)

## SERVING

The Japanese, considered the most frugal people next to the Methodists, have the least garbage in the world. Rate yourself, economy-wise, by the amount you throw away. Nothing is a "bargain" if your family doesn't like it, and it is thrown out.

## EATING OUT

DO! A family I know does every Sunday after church by going to the park where Dad and the kids fix hamburgers. This is great fun.

## and FINALLY

Be objective about the value of your time.

## SHORT ON TIME AND MONEY

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## BACON AND BEAN CHOWDER

$\frac{1}{2}$ lb. sliced bacon, cut crosswise into $\frac{1}{2}$ in. pieces	2 1-lb. cans red kidney beans, undrained
$\frac{1}{2}$ c. chopped onion	$\frac{1}{4}$ c. chopped parsley
$\frac{1}{2}$ c. chopped green pepper	1 bay leaf
$\frac{1}{2}$ c. chopped celery with $\frac{1}{4}$ c. tops	$\frac{1}{4}$ tsp. salt
2 T. flour	Dash pepper
$\frac{1}{2}$ c. thinly sliced carrot	$\frac{1}{4}$ tsp. thyme
	3 beef-bouillon cubes

In large saucepan, over low heat, saute bacon until crisp. Drain, reserving  $\frac{1}{4}$  c. drippings. In reserved drippings, saute onion, green pepper, and celery about 5 min. or until tender. Remove from heat, stir in flour. Add kidney beans, carrot slices, parsley, bay leaf, salt, pepper, thyme, bouillon cubes, and 3 c. water. Slowly bring to boiling, stirring occasionally. Reduce heat; simmer, covered, about 40 min., stirring several times. Sprinkle bacon over top of chowder; neat several min. longer. Serve at once. Makes 2 qts; 6-8 servings.

Fannye Hall

## DEVIL'S CHOWDER

1 can condensed cream of celery soup	1 T. instant minced onion
1 c. cream style corn	Dash paprika
1 2 $\frac{1}{4}$ -oz. can deviled ham	Dash nutmeg
	1 soup can milk

Combine celery soup, cream style corn, deviled ham, instant minced onion, paprika, and nutmeg in pan. Gradually stir in milk. Heat to the boiling point. Do not boil. Serves 3.

Fannye Hall

## DELLA'S TOMATO-POTATO SOUP

3 sm. potatoes, diced fine	Sm. can tomatoes
2 sm. green onions, diced fine	Salt and pepper to taste

Simmer above for an hr. Stir frequently. Add milk and  $\frac{1}{2}$  tsp. soda (to prevent curdling) and heat. Amount of milk variable depending on cook.

Clarice Cox

## LESS-THAN-AN-HOUR VEGETABLE SOUP

2 lb. ground chuck	4 potatoes
1 lg. onion, chopped fine	4 carrots
1 T. salt (or to taste)	3 celery stalks
Pepper, freshly ground, to taste	3 bay leaves
Garlic to sprinkle	2 T. fresh or dehydrated parsley
4 1-lb. cans tomatoes	

Brown ground meat, draining as much grease away as possible; add chopped onion and brown with meat. Add tomatoes and juice and then all other ingredients. Potatoes should be cubed (small); carrots and celery may be chopped finely for choosy children, but are most attractive when thinly bias-cut. Simmer 45 min. or more, according to size of vegetable pieces. Serves 4 at least 3 hearty meals. (Freezes perfectly.)

This soup (which is more nearly a chowder) is even more delicious when made a day ahead and allowed to "ripen" in the refrigerator. A word of warning: prepare this soup-pot early in the day -- if discovered by the family still simmering on the stove, there will be little chance of reserving it for tomorrow's menu.

Caroline McDonald

## VEGETABLE-BURGER SOUP

- |                             |                          |
|-----------------------------|--------------------------|
| 1 lb. grd. beef             | 1 10-oz. pkg. frz. mixed |
| 1 1-lb. can stewed tomatoes | vegetables               |
| 1 8-oz. can tomato sauce    | 1 envelope dried onion   |
| 2 c. water                  | soup mix                 |
|                             | 1 tsp. sugar             |

Brown meat in large heavy saucepan; drain well. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer 30 min. Serves 4-6.

Cheryl Martin

## POT AU FEU

- |                                |                           |
|--------------------------------|---------------------------|
| 1 lb. lean ground chuck        | 1 can butter beans (opt.) |
| 1 lg. onion, chopped           | Can of consomme - or      |
| 1-2 lg. cans tomatoes          | bouillon cube             |
| 4-5 diced carrots              | $\frac{1}{4}$ c. barley   |
| 2-3 stalks of celery           | Seasonings: salt, pepper, |
| 1 can Shoe-Peg corn and liquid | basil, lemon-pepper       |

Brown chuck in oil with chopped onion. Add tomatoes, carrots, celery, liquid from corn, consomme or bouillon cube, barley. Add water or tomato juice to cover. Add seasonings. Simmer until barley is done. Add corn.

This is a combination of two recipes and my own urge to mix in and add to. The French keep a pot simmering on the back of the stove and every day add a new ingredient. In the winter I use canned vegetables, in the summer, fresh. Serve with Parmesan cheese on top.

(Editor's note: This has become a family favorite. Suggest red pepper to taste, 1 tsp. salt,  $\frac{1}{2}$  tsp. pepper,  $\frac{1}{2}$  tsp. basil, 1 tsp. lemon-pepper.)

Dorothy Carpenter

## OATMEAL MUFFINS

2 c. Bisquick	1 egg
4 T. sugar	1 c. milk
2 T. vegetable oil	3/4 c. rolled oats

Heat oven to 400°. Mix all ingredients until blended, then beat vigorously 30 seconds. Fill well greased muffin cups 2/3 full. Bake 15 -20 min. Makes 12 muffins.

Carolyn Tate

## DOUBLE-QUICK DINNER ROLLS

1 pkg. active dry yeast	1 tsp. salt
1 c. warm water	1 egg
2 T. sugar	2 T. soft shortening
2 1/4 c. flour	

In mixing bowl, dissolve yeast in water. Stir sugar, half of flour, and salt into yeast. Beat with spoon until smooth. Add egg and shortening. Beat in rest of flour until smooth. Scrape down sides of bowl and cover with cloth. Let rise in warm place until double, about 30 min.

Grease 12 lg. muffin cups. Stir down raised dough. Spoon into muffin cups filling 1/2 full. Again let rise in a warm place until dough reaches top of muffin cups, 20-30 min. Heat oven to 400°. Bake 15-20 min. Makes 12 rolls.

Carolyn Tate

## BLENDER POPOVERS

2 eggs	1 c. flour
1 c. milk	1/2 tsp. salt
2 T. melted shortening	

Put eggs, milk, salt and shortening in blender. Cover and mix at high speed until bubbly. Add flour and run at high speed until perfectly smooth. Fill well-greased muffin pans half-full. Bake at 450° for 10 min. Reduce to 350° and bake 35 min. longer. Makes 8-12 popovers.

For Cheese Popovers: increase salt to  $\frac{1}{2}$  tsp. and add  $\frac{3}{4}$  c. sharp American cheese with first ingredients.

Barbara Hills

STALE-BREAD GRIDDLE CAKES  
(Manteo Griddle Cakes)

1 $\frac{3}{4}$ c. stale bread	1 T. water
crumbs	1 egg
1 $\frac{1}{2}$ c. buttermilk	1 T. oil
$\frac{1}{2}$ tsp. soda	

Soak bread in buttermilk. Beat with rotary beater. Add soda which has been dissolved in water. Add egg and oil and beat well. Fry longer than usual, being careful in turning as they are very delicate. Makes 10 sm. pancakes.

Martha Martinat

FANCY GAP HOE CAKES

1 c. water ground corn	1 tsp. salt
meal	Hot milk

Add only enough milk to be able to shape with hand. Fry in deep fat in skillet, turning once. Serve with butter and mountain vegetables.

The University cook-book would not be complete without at least 1 recipe typical of Fancy Gap, Va., the village on the Blue Ridge Parkway.

Martha Martinat

## QUICK COFFEE CAKE

½ c. shortening	1 tsp. soda
1 c. sugar	1 c. sour cream
2 eggs	1 c. brown sugar
2 c. flour	2 T. cinnamon
½ tsp. salt	½ c. pecans (opt.)
1 tsp. baking powder	

Cream sugar and shortening. Add eggs. Sift dry ingredients and add to creamed mixture alternately with sour cream. Combine sugar, cinnamon, and nuts. Put a thin layer in bottom of greased pan. Place large spoonful of mixture in pan. Cover with remaining topping. Bake at 350° for 25 min. or until toothpick comes out clean.

Slight variation includes addition of 1 tsp. vanilla or 1 tsp. almond extract to creamed mixture.

Clarice Cox

## FREEZER COLE SLAW

3 lb. cabbage	2 T. mustard seed
2 green peppers	2 c. vinegar
1 4-oz. jar pimientos	2 c. water
2 med. onions	2 c. sugar
1 T. salt	

Place vinegar, water, sugar and salt in saucepan. Bring to a boil -- stirring constantly. Cool and add mustard seeds. Pour over chopped vegetables that have been mixed together in a bowl. Stir and cover and let stand in refrigerator for 1 day before freezing. Or leave in refrigerator. This keeps almost indefinitely.

Jeanne St. Clair



## FROZEN FRUIT SALAD

1 can fruit cocktail, drained	Big fistful of miniature marshmallows
$\frac{1}{4}$ c. sugar	1 carton sour cream (8 oz.)
1 banana, sliced	

Mix together and place in ice tray to freeze. Serve on lettuce; delicious and easy. (A child-tested recipe.)

Jacque Pennell

## MANDARIN ORANGE SALAD

1 pkg. lemon gelatin	Chopped bananas (optional)
$\frac{1}{3}$ c. sour cream	
1 sm. can mandarin oranges	

Dissolve gelatin in 1 c. hot water. Cool slightly. Add  $\frac{1}{3}$  c. sour cream and mix until smooth. Add mandarin oranges with liquid. Chopped bananas may be added if desired. Pour into mold and chill.

Sara Catron

## ZIPPY BEET DRESSING

1 8-oz. can diced beets	$1\frac{1}{2}$ tsp. prepared horseradish
$\frac{1}{2}$ c. mayonnaise or salad dressing	1 med. head iceberg lettuce

Thoroughly drain beets, reserving liquid. Mash beets slightly with fork; stir in mayonnaise, horseradish, and dash of salt. Add beet juice if needed to make mixture of desired consistency. Core lettuce and cut into 6 wedges. Spoon on beet dressing. Serves 6.

Fannye Hall

TUNA LOUIS  
"A Meal in Itself"

Two-thirds cup mayonnaise, 2 T. fresh lemon juice, 1 tsp. prepared mustard, 1/8 tsp. Tabasco sauce, 1/2 tsp. Worcestershire sauce, 1/3 c. chili sauce, 1 T. minced onion, 1 T. capers, 1 head lettuce, 2 cans (6 1/2 or 7 oz.), tuna, chilled.

To make dressing, combine all ingredients except the tuna and lettuce. To serve, shred lettuce and pile into a salad bowl. Drain tuna and add Louis sauce over tuna. Toss before serving.

You may prefer to serve the tuna and shredded lettuce in separate salad bowls and pass sauce in another dish so that each guest may make his own salad to his taste.

Fannye Hall

ITALIAN SALAD

Long thin strips of ham  
Long thin strips of potato  
Long thin strips of green beans  
Long thin strips of pickle

Mix with dressing of your choice.

At the restaurant where we had this, I counted eight dogs (including ours) dining with their people. The French love dogs and welcome them everywhere.

Helen Smiley

HOT CHICKEN SALAD

2 c. cooked chicken or turkey, diced	2 tsp. grated onion
2 c. celery, chopped	3/4 c. mayonnaise
1/2 c. almonds, sliced	2 T. lemon juice
1/2 tsp. salt	1/2 c. shredded sharp cheese

Brown sliced almonds in margarine, then mix together thoroughly with all other ingredients. Put in buttered casserole. Top with 1 c. crushed potato chips and  $\frac{1}{2}$  c. shredded sharp cheese. Heat at 400° for 20 min.

Sara Catron

### ASPARAGUS PIE (South African Recipe)

1 sm. tin asparagus	2 oz. butter
$\frac{1}{2}$ c. grated cheese	2 c. boiled macaroni
2 hard boiled eggs	1 c. milk
Salt and pepper	

Place macaroni and asparagus alternately. Season to taste; pour over milk. Bake for 10 min. Add hard boiled egg. Sprinkle with cheese, cut the butter into pieces. Place on top. Return to oven until a nice brown.

Jenny McConnachie

### JUDY'S FRENCH GREEN BEAN CASSEROLE

2 No. 2 cans French style green beans	1 sm. jar mushrooms, drained
1 10 $\frac{1}{2}$ -oz. can condensed mushroom soup	1 can French fried onions
1 sm. jar cheese and bacon spread	3 strips bacon, fried and crumbled

Heat beans. Drain away most of the liquid, reserving it for a soup. Combine soup and cheese spread; heat and stir until blended. Combine with beans and mushrooms in casserole or baking dish. Top with onion rings and crumbled bacon. Heat in preheated 350° oven for about 25 min. or until hot.

Fannye Hall

## CABBAGE CASSEROLE

Cut caggabe, steam till done, drain. Butter dish.

Mix together: 1 can mushroom soup  
2/3 c. evap. milk  
Salt

Put ½ cabbage on bottom of dish, then ½ sauce, etc.  
Brown corn flakes in butter and put on top. Bake  
at 350° -- no cover.

Dorothy Clougherty

## CARROT POTATOES AU GRATIN

A good "Busy Day" frozen casserole.

1½ c. grated carrots	½ c. milk
2½ c. coarsely grated potatoes	½ tsp. salt
½ c. grated onions	Dash of pepper
1½ can cream of celery or mushroom soup, undiluted	¾ c. grated cheese

Heat oven to 375°. Combine carrots, potatoes, and  
onions in buttered 2 qt. baking dish. Blend soup,  
milk, salt and pepper and pour over vegetables.  
Cover and bake 1 hr. Uncover and sprinkle with  
grated cheese. Bake 15 min. Serves 8.

Kitty Bartholomew

## CORN PUDDING

1 can cream style corn	2 eggs
1 T. sugar	2 c. milk
1 tsp. salt	2 c. bread crumbs
¼ tsp. pepper	3 T. melted butter

Mix well and top with crumbs and butter. Bake in a  
casserole until set like custard, 325°.

Barbara Rinker

## EGGPLANT CASSEROLE I

Peel and dice 2 med. size eggplants. Cook in a small amount of water until tender. Mash and season with salt and pepper to taste. Make alternate layers of the eggplant and pimento cheese spread in a greased casserole. Pour a med. white sauce over all. Top with French fried noodles and bake in a mod. oven, 350°, until hot through. Serve immediately. Serves 4.

Fannye Hall

## EGGPLANT CASSEROLE II

"One of my mother's recipes."

1 sm. eggplant	1 green pepper, sliced
Salt and pepper	2 med. tomatoes, sliced
1 med. onion, sliced	½ c. grated American cheese

Peel eggplant and slice ½-in. thick. Cut slices in half. Brown in hot fat. Season with salt and pepper. Alternate layers of eggplant, onion, green pepper, and tomato in baking dish. Cover and bake at 375° for 50 min. Remove cover and sprinkle top with cheese. Return to oven until cheese melts. Serves 6.

Martha Martinat

## QUICK PINEAPPLE CASSEROLE

½ c. sugar	1 lg. can crushed pineapple
2 tsp. flour	2 slices bread
3 eggs	1 stick margarine

Mix sugar and flour together. Beat eggs and stir into mixture. Add pineapple. Pour into greased casserole dish. Crumble bread over top. Chunk up the margarine over the top and sprinkle cinnamon (mainly for looks.) Bake 1 hr. at 400°. Serves 4-6.

Jacque Pennell

## PEA-ASPARAGUS CASSEROLE

- 1 can green peas, partially drained
- 1 can green asparagus, drained
- 1 can mushroom soup
- 1 c. blanched, slivered or sliced almonds

Mix together and put into casserole dish. Top with grated cheese or crushed cheese crackers. Dot with butter and slices of hard-boiled egg.

Barbara Rinker

## SQUASH DISH

- |                                   |                        |
|-----------------------------------|------------------------|
| 2 c. squash, cooked and<br>mashed | 2 c. milk              |
| 7 T. flour                        | 2 eggs, well beaten    |
| Dash of salt                      | 1 c. grated cheese     |
| 1 stick margarine                 | Ritz crackers, crushed |

Combine ingredients, except crackers, and pour into casserole dish. Top with crushed crackers. Bake in oven, 350°, 30-45 min., uncovered.

Sara Catron

## GRITS SOUFFLE

- |                        |                             |
|------------------------|-----------------------------|
| 1 c. cooked grits      | 1 egg yolk                  |
| 1 c. grated cheese     | 1 egg white, stiffly beaten |
| 1 c. heavy white sauce | Cayenne pepper              |

Add egg yolk to sauce. Mix grits, sauce, cheese and cayenne together well. Fold in egg white. Bake in ungreased casserole for about 30 min., or until slightly brown, at 325°. Serves 4.

Lib Greason



## CHEESE PUFFLE

4 slices of bread, spread with butter and a little mustard and cut into cubes  
2 eggs, beaten  
1½ c. milk  
½ lb. grated cheese  
Bacon slices, cooked

Put the prepared bread cubes in a baking dish. Pour the egg and milk mixture over them. Top with grated cheese. Bake in 325° oven for about 40 min., or until firm and serve with bacon slices on top.

Jacque Pennell

## DELICIOUS CHEESE LUNCHEON DISH

1 loaf day old bread -- cut off crusts, quarter slices, and place in lg. low baking dish (pyrex: 8 x 10 in.)  
1 lb. cheddar or other grated cheese -- sprinkle over bread  
8 eggs beaten -- add 1 qt. half and half, and 1 tsp. salt.

Pour over, set in refrigerator until next day. Bake in pan of hot water until set (I use jelly roll pan) 50-60 min. Serve with following sauce:

1 can mushroom soup, 1 can golden mushroom, dried parsley, salt, pepper, onion salt, and a little water. Serve sauce in separate bowl.

Clarice Cox

SAVOURY BATTER PUDDING  
(South African Recipe)

1 c. breadcrumbs  
5 slices bacon  
½ c. milk  
1-2 tomatoes

Parsley, pepper, salt  
3-4 eggs  
Cheese, grated  
3 tsp. flour

Fill pie dish with alternate layers of breadcrumbs, sliced tomatoes, cheese, and strips of bacon. Season well. Mix in flour, milk. Add to beaten egg; then pour batter over contents of pie dish. Sprinkle top with cheese and a few slices of tomato. Bake in fairly hot oven for 30-40 min.

Jenny McConnachie

### QUICHE LORRAINE

"Can be prepared while you set the table and toss a salad."

2 unbaked pie crusts, 8	2 tsp. salt
or 9 in.	2 c. milk
½ lb. grated Swiss cheese	Dash cayenne
¾ lb. bacon	Nutmeg
4 eggs	Pepper
2 T. flour	

1. Preheat oven 375°.
2. Cook bacon and drain on paper.
3. Put cheese in bottom of unbaked pie crusts.
4. Put crumbled bacon over cheese.
5. Mix other ingredients and pour carefully over bacon and cheese.
6. Bake 30-35 min. or until golden brown.

### Variations

"Savory Tart" includes addition of either chopped ham or corned beef, 1 c. white sauce, 2 eggs instead of 4.

Jenny McConnachie

"Onion Tart" is made by addition of 3 sm. chopped onions, browned.

Muneca Rapela  
Harriet Leiberman

## CATHERINE KING'S TOPSAIL ISLAND CLAM PIE

½ peck clams run through chopper  
1 lg. white potato, cut  
3 T. bacon drippings  
3 or 4 T. cream of celery soup  
Black pepper  
Pastry -- like mixing biscuit (use water)

Cover clams, potato, soup, drippings, with water and heat to boiling point. Drop in spoonfuls of pastry and boil 20 min. If too juicy, mix ¼ c. flour with ½ c. cold water and add to clam pie. Add pepper to taste.

This Onslow County recipe is the answer for the children's "catch" at the beach. Many Wake Forest people vacation with Mrs. King (school-teacher, land owner, "sheller" and clam finder) at Topsail Island.

Martha Martinat

## DRESSED-UP FISH

1 lb. fresh or frozen halibut or other white fish  
¾ c. milk or light cream (top)  
½ c. margarine or butter  
2 oz. grated cheese (more as desired)  
1 ¾ c. bread crumbs

Place fish in greased casserole dish. Saute onions in butter. Add all ingredients except milk to fish; pour milk or cream on top. Bake at 350° for 40 min. Serves 4.

Judy Homer

## SALMON CASSEROLE

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 c. macaroni                 | 2 c. drained flaked           |
| 1 can cream of celery<br>soup | salmon (1 lb. can)            |
| 2/3 c. evaporated milk        | 1/4 c. chopped pimento (opt.) |
|                               | 1 c. shredded Cheddar cheese  |

Cook macaroni according to package directions; drain and reserve. Combine soup and milk; stir in macaroni, salmon, pimento and half of cheese. Turn into a greased 1½ qt. casserole. Sprinkle rest of cheese on top. Bake at 350° about 20 min. Serves 4-5.

Peggy Shoemaker

## SALMON-SHRIMP CASSEROLE

- |  |                                       |
|--|---------------------------------------|
| 2 T. butter or oleo                                  | 1 16-oz. can red salmon,              |
| 2 T. all-purpose flour                               | drained, boned, and                   |
| 1 can condensed frz. cream<br>of shrimp soup, thawed | broken into large<br>pieces           |
| 1 c. milk  | 1 c. small peas (canned<br>or frozen) |
| 2 oz. sharp cheese,<br>grated (½ c.)                 |                                       |

In sauce pan, melt butter; stir in flour. Add soup and milk all at once. Cook and stir until mixture thickens and bubbles. Remove from heat; add cheese, stirring until melted. Gently stir in salmon and peas. Turn into 1 qt. baking dish; cool. Cover tightly with foil. Freeze until needed. Uncover and bake at 400°, stirring frequently for 40-45 min. or til bubbly. Top with biscuits and bake 15 min. more. Serves 4.

This recipe is quick and cheap.

Mary Jane Keith

## TUNA CASSEROLE

Cook  $1\frac{1}{2}$  c. macaroni noodles in unsalted water. Drain and mix with 1 can of cream of mushroom or chicken soup,  $\frac{1}{2}$  c. evaporated milk, 7 oz. can tuna (drained), 1 c. grated Process American Cheese and  $\frac{1}{3}$  c. cut up onion.

Pour into greased  $1\frac{1}{2}$  qt. baking dish. Top with  $\frac{1}{2}$  c. broken potato chips and if desired paprika and more grated cheese. Bake in  $425^{\circ}$  oven 15-20 min. until bubbly hot.

Betty Earle

## TUNA-RICE MAIN DISH

2 T. margarine  
2 T. chopped onion  
1 tomato  
chopped pepper (optional)  
1 can cream of celery soup  
1 can tuna fish  
rice (or chinese noodles and soy sauce)

Saute onions and pepper in butter. Add tomato. Add cream of celery soup (undiluted) and tuna fish. Serve over rice or noodles. Quick and easy.

Sara Catron

## TUNA RICE PIE

1 $\frac{1}{3}$ c. Minute Rice	1 7-oz. can tuna, drained
1 $\frac{1}{3}$ c. water	$\frac{1}{4}$ c. milk, scalded
1 tsp. salt	$\frac{1}{8}$ tsp. nutmeg
$\frac{1}{2}$ tsp. butter	$\frac{1}{8}$ tsp. pepper
3 eggs	
1 c. grated process American or Swiss cheese	

Bring water,  $\frac{1}{2}$  tsp. salt, and butter to boil. Stir in rice, cover, let stand 5 min. Beat 1 egg slightly; blend into rice. Press against bottom and sides not above rim of a 9 in. pie plate.

Sprinkle  $\frac{1}{2}$  c. cheese on rice crust. Top with half tuna. Repeat layer. Blend  $\frac{1}{2}$  tsp. salt, 2 eggs, milk, nutmeg, and pepper. Pour over tuna.

Bake in a hot oven ( $400^{\circ}$ ) 25 min. If desired top with tomato wedges last 5 min. Serves 6.

Judy Homer

#### CORNERD BEEF AND MACARONI CASSEROLE

1 med. onion, chopped	1 c. uncooked macaroni
1 c. celery, chopped	Salt and pepper to taste
1 can cornerd beef	1 level T. sugar
$\frac{1}{2}$ c. bread crumbs	$\frac{1}{4}$ stick butter or mar-
1 c. tomatoes	garine

In 3 c. boiling water, cook macaroni, onion, and celery together for 8 min.

While this is cooking, chop cornerd beef, add tomatoes, salt, sugar and pepper. When macaroni is done, drain, add other ingredients. Top with bread crumbs and butter. Bake in casserole dish at  $450^{\circ}$  for 20 min. Serves 4-6.

Lib Griffin

#### CORNERD BEEF AND TOMATO CASSEROLE

1 1-lb. can cornerd beef hash	3-4 peeled, sliced tomatoes
1 tsp. mustard	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sliced onions	1 c. grated American cheese



Preheat oven to 350°. Season hash with mustard. Arrange half of hash in bottom of 1½ qt. casserole. Place a layer of sliced onions and then a layer of sliced tomatoes. Season tomato layer with ¼ tsp. salt. Sprinkle half of grated cheese on tomatoes. Repeat all layers. Bake at 350° for 45 min. Serves 4.

Peggy Shoemaker

### SPOONBURGERS

1 lb. hamburger -- brown in fry pan. Add 2 T. flour and stir. Pour over the above 1 can of onion soup and stir. Turn heat to simmer and cook for 30 min. or until meat is thick. Serve on steamed buns with mustard, catsup, sliced cheese, pickles, etc.

Betty Earle

### EASY CASSEROLE

6 oz. wide noodles	1 T. green pepper
1½ lb. ground top round	2 T. melted butter
(lean chuck may be used)	1 T. melted butter for
2 8-oz. cans tomato sauce	cooking meat
8 oz. cake cream cheese	1 c. cottage cheese
1/3 c. chopped onion	¼ c. sour cream

1. Cook noodles according to directions.
2. Cook steak in 1 T. butter -- stir in tomato sauce.
3. Remove from heat.
4. Combine cottage cheese -- cream cheese -- sour cream -- uncooked onions and green pepper.

In a buttered 2 qt. casserole, layer noodles -- cheese -- mixture -- melted butter (on noodles) -- meat and tomato sauce on top. Bake at 350° 20-30 min. Can be frozen.

Dorothy Carpenter  
Jacque Pennell

## BEEF-NOODLE CASSEROLE

1 lb. ground beef	1 sm. can water
1½ tsp. garlic salt	1 pkg. wide noodles
½ tsp. oregano	Grated cheese
1 sm. can tomato sauce	

Brown meat. Add other ingredients, simmer 30 min. Cook noodles and arrange alternate layers of noodles, meat and cheese. Bake 350° for 20 min.

Sara Catron

## CHINESE HAMBURGER

1 lb. ground beef  
1 c. diced celery  
2 onions, chopped

Brown above ingredients. Add

1 can mushroom soup  
1 can cream of chicken soup  
2½ c. water  
¾ c. rice  
1½ T. Worcestershire sauce

In a casserole, mix above and bake, at 350° for 30 min. covered. Remove cover and bake for 30 min. longer.

Add dry Chinese noodles to brown.

Louise Lee

## QUICK LUNCH

1 lb. ground beef, fried	1 can vegetable soup
Instant onion pieces, to taste	1 can tomato paste
Salt, pepper to taste	Water, if needed
	Dash sugar

Mix and simmer a few minutes. Serve over toast points with a fruit salad.

(Editor's note: This is a camping favorite -- also known as "Campers' Stew.")

Barbara Rinker

### SUPPER IN A SKILLET

1½ lb. gr. beef	1 tsp. oregano
1 T. oil	½ lb. rotini, mostaccioli
1½ c. coarsely chopped celery	shells, or elbow macaroni, cooled, drained
1½ c. catsup	½ lb. (1 c.) shredded
1 c. water	process American cheese
1 T. Worcestershire sauce	½ c. shredded Parmesan
2 tsp. salt	cheese
1/8 tsp. pepper	2 T. chopped parsley
½ tsp. dry mustard	

Cook beef in oil till red disappears; add onion and celery. Cook till onion is soft, add catsup, water, Worcestershire and other seasonings. Mix well. Stir in macaroni, cover. Simmer to cook meat and blend flavors 20-25 min. Fold in American cheese just before serving, sprinkle with Parmesan cheese and parsley. Serve hot from skillet. Serves 8.

Merry Powers

### TEXAS HASH

"Nourishing and filling"

3 sm. onions, chopped	½-¾ c. uncooked rice
1 lg. green pepper, minced	1 tsp. chili powder
1 lb. ground beef	2 tsp. salt
2 c. stewed tomatoes (one #303 can)	1/8 tsp. pepper

Saute onions and green pepper until onions are yellow. Add ground beef and fry until mixture falls apart. Stir in tomatoes, rice, chili powder, salt and pepper. Pour into greased 2 qt. baking dish. Cover and bake 1 hr. at 350°. Remove cover for last 15 min. Serves 4-6.

Sara Ingram

### LAZY DAISY MEAT BALLS

- |  |   |
|--|---|
| 1 lb. ground beef  | $\frac{1}{2}$ c. water                                |
| 1 tsp. salt  | 2 T. grated onion                                     |
| $\frac{1}{8}$ tsp. each of pepper,<br>celery salt, and garlic<br>salt. | 10 $\frac{1}{2}$ oz. can of cream of<br>mushroom soup |
| $\frac{1}{2}$ c. cracker crumbs  | $\frac{1}{4}$ soup can of water                       |

Mix meat, seasonings, cracker crumbs, water and onion. Form into about 24 sm. balls. Roll in flour; brown in hot fat. Mix soup and water together and pour over meat balls. Cover and simmer for 30 min. Serves 6.

June Stoll

### BAKED SPAGHETTI

1. Spaghetti -- cook enough to cover bottom of casserole dish.
2. Butter (dabs of)
3. American cheese, torn in pieces
4. Cheddar cheese, grated
5. Thyme, pinch  
Rosemary, pinch  
Oregano, about  $\frac{1}{4}$  tsp.  
Salt and pepper to taste
6. Tomato sauce
7. Parmesan cheese

Layer the above ingredients and repeat until the number of layers accommodate individual dish -- usually 3 complete layers. On the top layer put whole canned tomato instead of tomato sauce, then Parmesan cheese. Bake at 350° til bubbly, 40-45 min.

Mary Jane Keith

### TAMALE PIE

#### "Hearty Winter-Time Buffet"

1½ lb. ground chuck	1 c. milk
1 onion	1 tsp. dry mustard
1 clove garlic	2 T. chili powder
1 can whole-kernel corn	Salt to taste
1 can tomatoes	Red pepper to taste
1 can ripe olives	Cracker crumbs
1¼ c. yellow cornmeal (not	Grated cheese
self-rising)	Paprika

Brown meat, onion and garlic in plenty of shortening in large kettle. Mix corn, tomatoes, and olives (do not drain any of them --use entire contents) and add to meat mixture. Mix cornmeal and milk and add. Season with salt, red pepper, dry mustard and chili powder. Place in casserole and cover with cracker crumbs and grated cheese. Powder with paprika. Bake 45-60 min. at 350°. Serves 6.

"Typical of southwestern part of U.S. -- with a slight south-of-the-border flavor."

Betty Scales

### HOT TAMALE PIE

½ c. grits - cook well - set aside  
 Meanwhile, brown in skillet  
     ½ lb. sausage  
 1 c. chopped onions  
 1 lb. ground beef

Add and cook well

1 egg

$\frac{1}{2}$  c. milk

salt and pepper to taste

Add to mixture

1 sm. can tomato sauce

1 can creamed corn

dash of hot sauce or red pepper

### Serving suggestions

- I. Combine cooked grits with meat mixture and serve with sliced or grated cheese.
- II. Arrange ingredients in a casserole in layers of meat, grits, and cheese. Bake (or heat) in oven until ready to serve.
- III. Serve with slaw as a one dish meal

Eleanor Dodson

### BARBECUE BEEF RIBS

3 lb. ribs, beef

1 lemon

1 lg. onion

1 c. catsup

$\frac{1}{3}$  c. Worcestershire  
sauce

1 tsp. chili powder

1 tsp. salt

2 dashes Tabasco

2 c. water

Place ribs in shallow roasting pan, meaty side up. On each piece place a slice of unpeeled lemon and a thin piece of onion. Roast in hot oven, 450°, 15 min.

Combine remaining ingredients; bring to boil and pour over ribs. Continue baking at 350° about 1 hr. Baste ribs with sauce every 15 min. Makes 3-4 servings.

Barbara Hills



## BRAISED SHORT RIBS OF BEEF

3 T. flour	3 T. bacon drippings
2 tsp. salt	$\frac{1}{2}$ c. chopped onion
$\frac{1}{2}$ tsp. pepper	$\frac{1}{2}$ c. chopped celery
3-4 lb. short ribs of beef	1 $\frac{1}{2}$ c. canned beef broth

Combine flour, salt and pepper. Dredge ribs in seasoned flour after having cut them into serving pieces. In a skillet, heat bacon drippings, add the onion and celery and saute five minutes. Transfer vegetables to a heavy kettle with a lid. Brown ribs well on all sides in the same fat and transfer them to the kettle. Add broth and cover tightly. Bake in slow oven 300° for 2 $\frac{1}{2}$ -hr. If desired, skim off excess fat and thicken juices and serve with meat.

Shirley Amen

## SPORTSMAN STEW

2 lb. stew meat, cubed	Potatoes, carrots, onion,
1 can tomatoes, stewed	celery, cut in quarters
1 slice white bread	Salt and pepper
3 T. tapioca	Garlic salt
1 tsp. sugar	

Season meat with salt, pepper, garlic salt. In covered pan or casserole mix next 4 ingredients. Mix in meat (not browned). On top add carrots, onion, salt and pepper. Cover and place in oven at 250° for 5 hr. Uncover last half hr. Serves 6. A package of frozen stew vegetables works fine and much less work.

Merry Powers

LIVER AND RICE  
(Risotto con Fegato)

"My favorite liver dish."

½ lb. beef liver, thinly sliced	1 c. uncooked rice
5 spring onions, chopped with some of the tops, or 1 lg. onion, chopped	2 chicken bouillon cubes
	2 c. water
	Salt, pepper
	Parmesan cheese

Coat liver with seasoned flour and cook in oil in heavy pan for about 3 min. on each side. (Liver will not be done.) Remove liver and add chopped onions. Saute. Add more oil if needed, scraping the brownings from the bottom. Add rice to onions and cook over med. high heat for a few min. Add bouillon cubes and water. Cover pan, reduce heat to warm, and steam for about 25 min. Cut liver in small strips and stir into rice. Cook about 5 more min. Adjust seasonings. Serve with lots of Parmesan cheese.

Variation: Use 1 c. tomato juice instead of 1 c. of the water.

Martna Martinat

LAMB SHANKS

Economical - especially in Spring.

Allow 1 lamb shank per person. Coat shanks with flour which has been seasoned with salt, pepper, garlic powder (important) and onion powder. Brown in oil, turning. When brown, add 2 T. parsley flakes and ½ c. chopped celery tops and cook for a few more min. Cover with water (or half white wine and water) and simmer until tender - 1½ hr. or more; adding liquid as needed. Refrigerate and skim off surface fat.

Now, finish lamb shanks in either of 2 ways:

1. To shanks and gravy, add 1 pkg. (1 lb., 2 oz.) frozen vegetables - or any leftover vegetables, cooking until vegetables are tender. Thicken gravy by diluting 2 T. flour in  $\frac{1}{2}$  c. cold water and adding. Serve not over split biscuits.
2. Place lamb shanks and gravy in a casserole. Mix in 1 can cream of celery soup. Adjust seasonings. Top with ring of mashed potatoes. Brown in 350° oven.

Martha Martinat

### SATES

4 med. onions, chopped	3 T. lemon juice
2 cloves garlic, minced	2 T. brown sugar
4 tsp. crushed coriander seeds (optional)	$\frac{1}{4}$ c. Soy sauce
1 T. salt	1 $\frac{1}{2}$ lb. boned pork snoulder
1 tsp. black pepper	* * *
Dash cayenne pepper	6-8 9-in. skewers

About 2 hr. before serving: toss onions, garlic, coriander, salt, pepper and cayenne. Add lemon juice, brown sugar and Soy sauce. Toss. Trim fat from pork. Cut into  $\frac{1}{2}$  in. cubes, add to mixture. Let stand at room temperature 1 hr.

Preheat broiler. String approx. 9 cubes of pork on each skewer. Broil 8 min. per side or until no pink shows. Makes 6-8 servings.

To pamper your budget, serve them on a bed of hot fluffy rice along with banana halves, a large tossed green salad, warm French bread and baked custard.

Barbara Hills

## CANTONESE CHICKEN

$\frac{1}{2}$ c. barbecue sauce	4 c. cooked, cut-up chicken
$\frac{1}{2}$ c. orange juice	
$\frac{1}{4}$ c. brown sugar, packed	$\frac{1}{2}$ c. sliced water chest-nuts (optional)
2 T. oil	1 tsp. candied ginger, chopped
2 T. flour	Almonds (optional)
$\frac{1}{4}$ tsp. salt	
1 lg. can chunk pine-apple, drained	

Combine all 6 first ingredients. Cook, stirring until mixture comes to a boil and thickens slightly. Add remainder of ingredients. Mix up, cover and simmer for 10 min. Sprinkle with nuts. Serve over boiled rice. 4 servings.

Harriet Lieberman

## CHICKEN AND RICE

1 chicken, cut up into parts	1 pkg. dried onion soup
1 c. rice	1 sm. can mushroom soup
	3 c. water

Spread rice in pan. Place chicken parts around. Combine mushroom soup and water and pour over chicken. Sprinkle on onion soup. Cover with aluminum foil (tightly) and cook in 350° oven for 1½-2 hr.

Mary Anne Hayes

## BAKED YAM-STUFFED CHICKEN

"Yummy!"

Salt 1 sm. fryer and stuff with following:

1 sm. can sweet potatoes, mashed ( $14\frac{1}{2}$  oz.)  
1 tsp. (French's) orange peel  
 $\frac{1}{3}$  c. sugar  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  c. orange juice  
1 can Mandarin oranges (opt.)

Cook at  $375^{\circ}$  about  $1\frac{1}{2}$  hr. basting with orange juice.  
Serves 2 or 3.

Martha Martinat

#### BARBECUE SAUCE FOR CHICKEN

$\frac{1}{2}$ c. oil	3 T. sugar
$\frac{3}{4}$ c. chopped onion	3 T. Worcestershire sauce
$\frac{3}{4}$ c. tomato catsup	2 T. prepared mustard
$\frac{3}{4}$ c. water	2 tsp. salt
$\frac{1}{3}$ c. lemon juice	$\frac{1}{2}$ tsp. pepper

Cook onion until soft in hot oil. Add remaining ingredients. Simmer 15 min.

Pour over chicken (in square or oblong pyrex dish). Cover with foil, and cook 1 hr. to  $1\frac{1}{2}$  hr. in  $350^{\circ}$  oven.

Sauce may be made a day ahead. Entire dish may be cooked a day ahead, and reheated before serving.

(One-half this recipe is sufficient for 1 chicken.)

Lib Griffin

## COTTAGE CHEESE CHEESECAKE

Filling

3/4 lb. cottage cheese  
1/2 c. milk  
1/2 c. sugar  
1 egg  
1 tsp. vanilla

Topping

1/2 pt. sour cream  
2 T. sugar  
1 tsp. vanilla  
Sweetened strawberries  
(optional)

Crust: graham cracker crust

Beat up cottage cheese first - use mixmaster or hand beater. Mix filling ingredients and pour into baked and cooled graham cracker crust (use pie pan). Bake at 350° for 20 min. Add topping ingredients and bake at 450° for 5 min. Drained frozen strawberries or other sweetened fruit may be added as an extra topping. Chill and serve. Serves 6-8.

This dessert is very good without the strawberries. It is not extremely sweet.

Note: drain cottage cheese if it is soupy before adding the other filling ingredients.

Marjorie Felmet

## CHILD'S PLAY CHOCOLATE CAKE

1 2/3 c. flour

1 c. sugar

1/2 c. cocoa

1 tsp. soda

1/2 tsp. salt

1/2 c. melted oleo

1 1/2 tsp. vanilla

1 c. milk with 1 T.

vinegar, or 1 c. butter-  
milk

(no eggs)

Sift dry ingredients into a large bowl. Add all the liquids, mix and pour into 8 x 8 in. greased pan. Bake at 375° for 30 min. Ice with confectioners' frosting when cool -- child's play! Serves 9.

Susan Drexler



## COCA-COLA CAKE

2 c. sugar	$\frac{1}{2}$ c. buttermilk
2 c. flour	1 tsp. soda
1 c. oleo	2 eggs
$\frac{1}{2}$ c. Wesson oil	1 tsp. vanilla
2 T. cocoa	3 c. tiny marshmallows
1 c. Coca-Cola	

Sift together sugar and flour. In saucepan mix oleo, oil, cocoa, and Coke. Bring to a boil. Pour over dry ingredients. Add buttermilk, soda, eggs, vanilla and marshmallows. Mix well. Bake at 350° in 9 x 13 in. pan -- approx: 45 min. (You can use 2 smaller pans and not cook as long.)

Mildred M. Warner

## COCA-COLA ICING

$\frac{1}{2}$ c. oleo	1 tsp. vanilla
3 T. cocoa	1 box 4X sugar
6 T. Coke	Opt.: 1 c. nuts

Mix oleo, cocoa, Coke and bring to boil. Remove from heat and pour over 4X sugar and beat well. Add vanilla and nuts. Spread over hot cake, being careful in spreading that cake does not roll up.

Mildred M. Warner

## FRUIT COCKTAIL CAKE

2 c. flour	1 egg
2 tsp. soda	1 #2-can fruit cocktail
$1\frac{1}{2}$ c. sugar	1 tsp. vanilla
1 tsp. salt	

Mix all dry ingredients together. Add egg, fruit cocktail and vanilla. Bake in 2 x 9 x 13 in. pan at 350° for 35 min.

Icing

1 sm. can evaporated milk	2 tsp. vanilla
1 stick margarine or butter	1 c. shredded cocoanut
	1 c. chopped nuts
2/3 c. sugar	

Mix well and boil for 10 min. Add cocoanut and nuts. Pour over cake.

Sara Catron

## PICNIC CAKE

Cream: 2 c. light brown sugar  
1/2 c. butter

Add: 1 beaten egg

Add alternately:

2 1/2 c. flour  
3/4 c. buttermilk

Melt and add:

2 sqs. chocolate (Baker's)  
1/2 c. water

Mix and add:

1 tsp. soda  
1/4 c. water

Add: 1 tsp. vanilla

Pour into greased 9 x 12 in. pan. Put into cold oven and bake at 350° 25-35 min.

Four Minute Frosting (this will not sugar)

Mix well: 1 c. sugar  
1/4 tsp. salt  
1/2 tsp. cream of tartar  
2 egg whites, unbeaten  
3 T. water  
1 tsp. vanilla

Beat with electric mixer at high speed over boiling water for 4 min.

My mother's recipe -- always my choice as my birthday cake.

Ann Esca

## PIE -- LEMON AND COCOANUT

Lemon

3 eggs - slightly beaten  
 1 c. sugar  
 ½ stick butter - melted  
 1 lemon - juice and rind,  
     grated  
 Pinch salt

Cocoanut

3 eggs - slightly beaten  
 1 c. sugar  
 ½ stick butter, melted  
 1 c. milk  
 1 c. cocoanut (less may  
     be used)  
 Pinch salt

Pastry: 3 c. flour, 1 tsp. salt, 1 c. Crisco, ice water. Mix. Line several pans with pastry and freeze, using wax paper between pans. When ready for a pie it takes only a few minutes to mix filling and bake at 350° until crust is golden brown and filling is set.

I put my frozen pie shells in the oven to thaw while I make the filling. Remove from the oven just as they begin to blister.

Nannie Jones

## FUDGE PIE

2 sq. bitter chocolate	1 c. sugar
1 stick margarine	2 eggs
¼ c. sifted flour	

Melt chocolate and margarine in double boiler. Mix flour and sugar. Beat eggs and combine with flour and sugar. Add chocolate and margarine. Put in well greased 9-in. pie tin and bake at 350° 30-40 min. Serve with topping of ice cream or whipped topping. Will cut into segments like a pie. (Cut small pieces -- it's rich.)

Sara Catron

## MAGNOLIA PIE

Crust: prepare usual crust with addition of  $\frac{1}{4}$  c. chopped salted peanuts or press peanuts into partially thawed frozen crust. Bake, then cool before filling.

Filling: Family size instant chocolate pudding.

Spicy Whip: prepare 1 2-oz. pkg. of dessert topping mix, following pkg. directions, but adding  $\frac{1}{4}$  tsp. each of cinnamon and nutmeg to the milk before beating.

Fold chocolate filling into cooled peanut pastry shell. Coat top with spicey whip. Swirl knife through filling and topping to get marble effect. Chill. Just before serving sprinkle a wreath of chopped salted peanuts around the edge.

Note: do not worry about holes around peanuts in baked crust.

Martha Martinat

## PEANUT CRUNCH PIE

1 unbaked 9 in. pastry shell	$\frac{1}{4}$ c. water
$\frac{1}{4}$ c. sugar	3 eggs
1 T. quick-cooking tapioca	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ tsp. salt	2 T. butter or margarine
1 c. dark corn syrup	1 c. salted peanuts, coarsely chopped

Prepare pastry shell, but do not bake. Blend sugar, tapioca and salt in saucepan. Stir in corn syrup and water. Bring to a boil, stirring constantly. Boil 4 min.

Beat eggs slightly in a bowl. Pour hot syrup slowly into eggs, stirring vigorously. Stir in vanilla and butter. Cool.

Scatter chopped peanuts over bottom of pastry shell. Add cooled pie filling. Bake in oven 450° for 8 min. Reduce heat to 325° and bake for 25-35 min. or until a silver knife comes out clean. Serve warm, or cool and top with sweetened whipped cream.

Martha Martinat

#### JELLO ICE CREAM

1 pkg. Jello - any flavor	Juice of 2 lemons and
1 c. hot water	gratings
1 c. sugar	2 c. milk

Dissolve Jello in hot water, then add sugar and stir well. Add lemon juice and rind and milk. Allow to set in refrigerator. Then stir, beat with electric mixer, then freeze.

Jeanne St. Clair

#### BAKED APPLES MINERVA

Peel small to medium sized apples. Allow 1 apple per person. Cut apples in half and remove cores.

Place cup side up in shallow baking pan; fill cups with either a mixture of raisins and chopped nuts and brown sugar or with currant jelly. Sprinkle with lemon juice and dot with butter. Barely cover the bottom of pan with boiling water. Bake at 375° for 25-30 min. or until tender.

Barbara Hills

#### CHERRY DELIGHT

Whole graham crackers	1 c. powdered sugar
1 stick butter	1 8-oz. cream cheese
1 pkg. Dream Whip	2 T. milk
Few drops almond flavor	1 can cherry pie filling

Line a 9 x 9 in. pan with crackers. Cut up butter on top. Bake 10 min. 300°. Prepare dream whip according to directions, using almond flavoring instead of vanilla. Add sugar; soften cheese in 2 T. milk, and beat until smooth. Spread over crackers. Put cherry pie filling on top. Chill.

Louise Lee

#### PINEAPPLE ICE BOX CAKE

1 box vanilla wafers (12 oz.)  
1 can crushed pineapple, with juice  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. nuts (opt.)

Line 9 x 12 in. pan with whole vanilla wafers. Crush remaining wafers, saving out  $\frac{1}{2}$  c. for later use. Mix crumbs with pineapple, sugar, and nuts. Pour on top of whole wafers. Sprinkle top with remaining  $\frac{1}{2}$  c. crumbs. Refrigerate.

Martha Martinat

#### BUTTERSCOTCH SQUARES

3/4 c. butter	2 2/3 c. flour
1½ lb. dk. brown sugar	2 c. macaroon mix
4 eggs	1 T. baking powder
1 T. vanilla	

Cream butter, add brown sugar, one egg at a time along with the flour which has been sifted and baking powder added. Add macaroon mix and vanilla.

Bake 10-12 min. at 350° in a pan 1½ in. deep. Do not put over ½ in. deep in pan. They will rise and then fall. That is the reason they are so chewie! Serves 20-25.

Kitty Bartholomew



## COCONUT DROP COOKIES

1 stick butter or margarine	1 pkg. Idahoan instant potatoes (12¢ size)
1 c. white sugar	1 pkg. biscuit mix (10¢ size)
1 egg, beaten	
1 tsp. cocoanut extract	

Cream shortening and sugar. Add egg and extract and blend well. Mix in instant potatoes and biscuit mix. Chill dough. Drop by tsp. onto greased baking sheet. Bake at 350° for 10-12 min. Makes 4 doz.

Barbara Rinker

# NEWCOMERS' DINNER



EDITOR: Alice Webster

Those lords of the manors of the Wake Forest University community vow that the best meals, whether formal or informal, set before them year in and year out, are those served up by the Faculty Wives at the annual "Newcomers' Dinner."

The "Newcomers' Dinner" is that delightful banquet which all faculty members and their spouses host each fall for incoming faculty members, university administrators, coaches and staff members, and their wives or husbands. While most official dinners and banquets held at the University are catered by professional entrepreneurs, the "Newcomers' Dinner" under Wake Forest tradition is a "covered dish affair" prepared and served by Wake Forest's own Faculty Wives.

Every wife consciously or unconsciously seeks to gain the accolades of old and new friends by offering the fruits of her prized recipes on these occasions. Perhaps most of the recipes in this book have found their ways here by the pleasures they have afforded to professorial palates, both to the old and the new, to veterans and rookies alike.

Each succeeding generation of faculty members (and their wives!) enriches the offerings, who "just happens to have a good recipe that Jim (or John) likes very much," thus assuring "perpetual good eatin'" for the "Newcomers' Dinner".

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## BASIC ARABIC BREAD DOUGH

2½ lb. flour

1 packet yeast

2 tsp. salt

2¼-2½ c. water

½ tsp. shortening

Purchase 5 lb. bag. Place hand around middle of bag and let half of flour pour out. Pour flour into large pan, add salt and mix. Make a well and pour water, into which yeast has been dissolved, gradually in center, working all the flour in. Knead dough until rather smooth. Do not over-handle the dough. This dough will be slightly sticky. Rub the shortening into your hands. Then pat top of your dough gently. Tear a large sheet of Saran Wrap and place over pan. Cover with a blanket and set in a warm place for 1 hr. Punch down dough and knead for 1 min. Cut with sharp knife small balls of dough the size of a golf ball. Place on a large table or counter top which has been covered with a blanket and over the blanket a clean sheet. When all dough is shaped, cover with sheets of Saran Wrap or plastic bags and cover with another sheet. Let this dough rest for 30 min., then roll each piece of dough on a lightly floured board to form a small flat circle about ¼ in. thick. Place back on table; cover with plastic sheets or Saran Wrap. Repeat until all balls are rolled out. Cover plastic sheets with cotton sheet and after this a blanket. This dough must stay warm. Two hrs. later take off blanket, sheet, and plastic paper. Place cookie sheet on lower rack and pre-heat oven to 525-550°, the hotter the oven the better the bread. After oven reaches proper temperature, slide out cookie sheet and place as many circles of dough as your sheet will hold without the dough touching. Set timer on two to three min. The bread should be puffed either half or all the way up. Then turn your oven on "Broil" and place bread on top rack close to heat. Close oven door for a few seconds. You must check this process yourself. Your oven may not take as long as another. When bread is puffed up and a light golden brown, pull out with a long handled spatula.



Place on table, when cool pack into plastic bags. So good when buttered hot. You must keep bread in refrigerator for best results. Very good when stored in freezer and just warmed over when ready to use. This bread is hollow inside and is great with breakfast (eggs, etc.) and very good with mustard and boiled ham. Just use as any other bread. It is a lighter bread and not as heavy as some of the other breads.

Family recipe brought to this country by my mother from Nazareth, Palestine.

Alice Webster

### PIZZA

$\frac{1}{4}$ Basic Arabic Bread Dough	1 tsp. salt
	$\frac{1}{2}$ tsp. black pepper
<u>Sauce</u>	1 1-lb. can tomatoes
3 T. margarine	1 T. oregano leaves
1 med. onion, finely chopped	1 can tomato paste
1 clove garlic, finely chopped and mashed with back of knife	1 pkg. Mozzarella cheese, bulk type, grated
	2 T. oil (reserve for later)

#### Sauce

Heat margarine, add onions and cook on low heat until onions look transparent. Add garlic, salt, pepper, cooking tomatoes, and tomato paste. Simmer for 1 hr. After this add in oregano. Let sauce cool before placing on dough.

#### Dough

For Pizza dough you may roll out right after the first rising period (1 hr. later). Cut off  $\frac{1}{4}$  of the dough after you punch it down and knead for 1 min. Roll out on a floured board to  $\frac{1}{8}$  in. thick. Cut out

little party pizzas with your biscuit cutter (or top of your coffee pot for larger ones), place on lightly oiled pizza pan. Place 2 T. oil in cup; dip your fingertips into cup of oil and then make little fingertip indentations into your cut-out pizza rounds of dough. Spread Pizza sauce and bake in a 450° oven for 10 min. Add grated Mozzarella cheese over sauce and then shake grated Parmesan cheese over each pizza and bake for 5-10 min. more until it has a light br. crust. To vary pizza, add mushrooms, Pepperoni to the cheese before the last baking period.

If you do not use all at once, freeze and reheat. Do not bake for more than 10 min. if freezing.

Alice Webster

#### SPINACH PIE (Arabic)

- |   |  |
|---|--|
| ½ Basic Arabic Bread                                  | ½ c. fresh lemon juice                 |
| Dough recipe or 1 lg. can biscuits                    | ¾ tsp. salt                            |
| 1 pkg. fresh spinach (10 oz.) washed and chopped well | ½ heaping tsp. blk. pepper             |
| 1 c. finely chopped onion                             | Few shakes of ground Allspice          |
| ½ c. oil (Mazola or other)                            | ½ c. Pignolia nuts (Peanuts), optional |

Roll out each biscuit on a floured surface as thin as you can without tearing dough. There must not be any holes in your dough or you will lose the juices from the spinach mixture. Place ½ c. of the spinach mixture in center of the rolled dough; fold over left side of dough to half of this circle; then fold right side to meet. Seal. This gives you a point on top of your pie. Then bring up bottom of dough. Seal in all openings well. This makes a three cornered pie. Bake in a lightly greased pan at 450° for 20-25 min. Pull out of oven; brush top of pies

with butter and brown to a golden brown under your broiler for 3 min. (more or less). You must watch this last step so pies just get a golden br. and not too brown. Serves 8-10

Alice Webster

### PINEAPPLE SALAD

- 1 pkg. lemon Jello (cut the water  $\frac{1}{2}$  c.)
- $\frac{1}{2}$  lemon (juice)
- 1 c. (more if you wish) cottage cheese, whipped into Jello when it begins to thicken)

Then add:

- 1 can crushed pineapple
- 1 c. miniature marshmallows
- 1 T. each of green pepper and pimento.

(Add mayonnaise to cottage cheese for smoother texture -- nuts are optional.)

Betty Jo May

### GRAPEFRUIT CONGEALED SALAD

- |   |   |
|---|---|
| 2 pkg. lemon Jello                          | 7-8 pkg. lemon Jello                        |
| 1 sm. can crushed pineapple                 | 2 lg. crushed pineapple                     |
| 1 sm. can Queen Anne cherries               | 2 lg. Queen Anne cherries with juice        |
| Green and red maraschino cherries for color | Green and red maraschino cherries for color |
| 3 grapefruit halved, <u>long</u> way        | 10 grapefruit, halved <u>long</u> way       |
| Grapefruit sections                         | Grapefruit sections                         |

(Serves 12)

(Serves 40)

Use grapefruit after the skin is removed. Drain all fruit and use liquid to mix in jello instead of water. Pour fruit jello mixture into scooped out nulls and congeal. Cut into halves and serve with Special Fruit Salad dressing below:

### Special Fruit Salad Dressing

4 eggs  
1 c. sugar  
3 T. vinegar

Cook over double boiler until thick. Beat in 8 marshmallows. Cool and whip in 1 pt. of whipped cream. Makes a 2-qt. casserole full. (For 12 servings of salad, use  $\frac{1}{4}$  of Special Fruit Salad Dressing recipe.)

Betty May

### CONGEALED FRUIT-NUT SALAD

1 pkg. lime Jello	1 c. mellow cheese,
1 sm. can crushed pineapple	grated
1 No. 303 can fruit cocktail	$\frac{1}{2}$ c. pecans, chopped
	1 doz. marshmallows
	$\frac{1}{2}$ pt. whipping cream

Strain juice from pineapple and cocktail, and add enough water to make 2 c. Bring to a boil and dissolve in Jello. Add marshmallows and stir until melted. When about set, add fruit, nuts and cheese. Fold in whipped cream and chill until set.

Nina DeRamus

### CHERRY SALAD

1 can red sour cherries	Juice and pulp of 2
1 c. sugar	oranges
1 pkg. cherry Jello	Grated rind of 1 orange
1 envelope plain gelatin	1 sm. can pineapple (crushed)
$\frac{1}{2}$ c. cold water	$\frac{1}{2}$ c. chopped nuts

Bring sugar and cherries to a boil. Add Jello. Dissolve plain gelatin in  $\frac{1}{2}$  c. cold water and add to hot mixture. Cool. Dissect oranges, removing all white tissue. Add that pulp and any juice coming from oranges. Add pineapple and pecans. Put in a large mold or in individual molds. Serve on lettuce with or without a fruit salad dressing. Serves 12.

This recipe was given to me by my sister, Miss Margaret Flintom.

Nannie Jones

#### SALADE NICOISE (French)

Diced cooked potatoes soaked in olive oil with  $\frac{1}{3}$  c. vinegar. Add onions, cut fine, 1 can tuna fish and diced beets. Mix; cover with chopped hard boiled eggs, tomatoes and black olives.

To the French the preparation of a meal is a work of art. They believe that without creative endeavor and a living innovation on the part of the cook very little can be achieved.

Helen Smiley

#### SUMMER VARIETY SALAD

1 c. cooked Great North- ern or Navy beans	1 c. green snap beans
1 c. Pinto or other red bean	1 c. frozen lima beans

Cook beans separately until tender but not mushy. Drain while hot. If you wish, cook more beans than the salad calls for to freeze and serve at another time. Place drained beans in separate bowls. While beans are still warm pour over them Italian type oil dressing -- cover each bowl and refrigerate overnight and the next day until serving time. Just before



serving, combine beans in a chilled bowl, dressing included. Add chopped sweet onion rings, thin-sliced celery and cubes of nippy cheese. Toss gently. Edge bowl with crisp, cold salad greens. Serve with Brown and Serve rolls topped with Parmesan cheese and plenty of ice cold beverage. For dessert serve vanilla ice cream in cantelopes

Gail Rose

#### ARTICHOKE HEARTS SALAD

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 3-oz. pkg. lime gelatin        | $\frac{1}{2}$ c. chopped pistashios |
| 1 $\frac{3}{4}$ c. boiling water | $\frac{1}{2}$ c. drained crushed    |
| 2 T. lime juice                  | pineapple                           |
| 2 tsp. sugar                     | $\frac{1}{2}$ c. sweet gherkins,    |
| $\frac{1}{8}$ tsp. white pepper  | chopped                             |
| $\frac{1}{2}$ c. stuffed olives, | 1 5-oz. can tiny arti-              |
| sliced                           | chokes                              |

Dissolve gelatin in boiling water. Add lime juice, sugar and pepper. Chill until mix is slightly thickened. Add olives, nuts and pineapple. Press artichokes halfway down mold. Serves 6.

Iona Reed

#### ASPARAGUS SOUFELE

- |  |                                    |
|--|------------------------------------|
| 1 No. 303 can asparagus,               | $\frac{3}{4}$ c. soft bread crumbs |
| drained                                | 2 T. onion                         |
| 2 T. butter                            | 1 T. catsup                        |
| 2 T. flour                             | 1 tsp. salt                        |
| 1 c. milk                              | 2 eggs, separated                  |
| $\frac{1}{2}$ c. grated Cheddar cheese |                                    |

Melt butter and add flour. Slowly add milk, stirring until thick. Add asparagus and cheese, bread crumbs, onion, catsup, salt and beaten egg yolks. Beat egg whites until stiff and fold into asparagus mixture.

Bake in a greased 2 qt. casserole at  $375^{\circ}$  for 45 min. Serves 6-8.

Betty Olive



## GREEN BEAN CASSEROLE

- 1 pkg. french style green beans (frozen)
- 1 can cream of mushroom soup
- ½ can of french fried onion rings

Cook green beans as directed on package and drain. Put in 1 qt. casserole and mix with undiluted can of soup. Top with the onion rings so top is well covered. Heat in 325° oven until bubbly. This serves 3-4; can be doubled to serve 8.

Betty Patrick

## SQUASH CASSEROLE

- |                             |                      |
|-----------------------------|----------------------|
| 2 c. cooked squash          | ½ tsp. pepper        |
| ¾ stick butter or margarine | 1 c. chopped onion   |
| 2 eggs, beaten              | 1 c. grated cheese   |
| 1 tsp. salt                 | 1 c. evaporated milk |
|                             | 2 c. cracker crumbs  |

Mash squash. Add other ingredients. Mix well. Pour into greased dish. Bake at 375° for about 40 min. Serves about 6. Excellent! This is for those of you who can't stand the taste of squash.

Opal Weatherly

## YELLOW SQUASH MOLD

- |   |                          |
|---|--------------------------|
| 1½ c. cooked and drained yellow squash, then mashed | 1 T. minced parsley      |
| 1 c. soft bread crumbs                              | 3 T. pimento             |
| ½ c. scalded milk                                   | 3 T. melted butter       |
| 1 c. diced Cheddar cheese                           | 1 T. minced onion        |
|   | 2 well-beaten eggs       |
|   | Salt and pepper to taste |

Combine all ingredients. Place in casserole or well greased ring mold. Set in pan of hot water and bake at 350° approx. 1½ hrs.

Edith Reyer

## SUMMER SQUASH CASSEROLE

1½ lb. summer squash	1-2 T. Parmesan cheese
1-2 T. instant onions	1 8-oz. carton sour
¼ c. bread crumbs	cream

Boil sliced squash until just tender; pour off water. Stir in sour cream and onions. Put in buttered casserole. Sprinkle top with bread crumbs and Parmesan cheese. (Grate your own...it's 1000 times better than the pre-packaged.) Bake 30 min. at 350°. Serves 6.

Susan Drexler

## YELLOW SQUASH CASSEROLE

1½-2 lb. yellow squash	1 T. diced onion
1 can mushroom soup	Buttered bread crumbs,
1 T. butter	if desired

Slice squash and boil in small amount of salted water until tender. Combine drained squash, soup, and diced onion and place in buttered 1½ qt. casserole. Dot with butter and cover with bread crumbs if desired. Bake at 350° for 20 min. until heated through. Serves 4-6.

Peggy Shoemaker

## PARTY RICE

1 c. raw rice	2 oz. jar pimento
1 can beef consomme	½ c. green pepper
1 can mushroom soup	½ c. water
1 c. onion, chopped	2 T. cooking oil

Heat oil, add rice, stir 5 min. Add soup and consomme. Add ½ c. water. Transfer to pyrex baking dish. Put onion, bell pepper and pimento on top. Cover tightly with aluminum foil or lid. Bake 1 hr. at 370°.

Edith Reyer

## SOUR CREAM NOODLE BAKE

1 8-oz. pkg. med. egg noodles	1/8 tsp. pepper
2 T. butter or margarine	1 c. cottage cheese
1 lb. gr. beef, chuck	1 c. sour cream
1 8-oz. can tomato sauce	1/2 c. chopped green onions
1 tsp. salt	3/4 c. shredded Cheddar cheese
1/4 tsp. garlic salt	

Cook noodles according to directions; rinse and drain. Melt butter in skillet; add meat and cook and stir over moderate heat until it loses its pink color. Add tomato sauce, salt, garlic salt and pepper; cover and simmer 5 min. Heat oven to 350°. Fold together noodles, cottage cheese, sour cream and onions; spoon half the mixture into bottom of 2 1/2 qt. casserole. Cover with half the meat mixture. Repeat layers once again. Sprinkle shredded cheese over top. Bake 25-30 min., until mixture is thoroughly heated and cheese is melted. Serves 6-8.

Marge Wagstaff

## CHICKEN COBBLER

2 c. diced cooked chicken	2 tsp. baking powder
1 c. cooked rice	1 tsp. salt
2 c. chicken broth	1 T. sugar
1/2 c. margarine	1 c. milk
1 c. all-purpose flour	

Mix first 3 ingredients. Put margarine in 1 1/2 qt. round casserole and set in mod. oven (350°) until melted. Meanwhile, mix remaining ingredients. Pour into casserole. Spoon chicken mixture into center. Bake about 50 min. Let stand 5 min. Serves 4-6.

Betty T. Griffith

# BAKED KIBBEE (Arabic)

1 lb. finely ground lamb or sirloin	<u>Filling</u>
1 c. cracked wheat*	3/4 c. coarsely ground lamb or sirloin
1 lg. onion, grated or mashed until juicy	2 T. butter
1 1/4 tsp. salt	1/2 c. pine nuts* (Pignolia)
1/2 tsp. black pepper	1 lg. onion, finely chopped
1/2 tsp. allspice	Salt, pepper, allspice, to taste
1-2 T. cold water	

Wash cracked wheat in cold water; drain and let stand for 30-40 min. Prepare filling first by putting lamb in frying pan over low heat and cook until lightly browned. Stir in onion, butter, pine nuts, salt, pepper and allspice. Continue cooking until onion is tender. Set aside to cool. Mix lamb, onion and seasonings into wheat and mix thoroughly. Add cold water whenever necessary to keep the mixture loose. Put 2 T. of oil into a 9 x 9 in. pan and coat bottom and sides well. Pat 1/2 of wheat mixture and press into pan, covering bottom. Sprinkle filling evenly over this layer. Pat out remaining wheat mixture over filling. Cut into squares or diamond shapes. Pour 1/4 c. of oil over top and dot with butter. Bake in 400o oven for 30-40 min. or until browned. Makes approx. 2 doz.

You may shape little patties of the wheat mixture, stuffed with filling, and fry in hot oil until brown. For appetizers, fill small balls of wheat mixture stuffed with filling fried and placed on toothpicks.

\*Cracked wheat may be purchased at Bantam Food Mkt. on Northwest Blvd. Pignolia may be purchased at Peanut Candy Shoppe, Imported Nuts, 120 W. 4th St. Winston-Salem.

Alice Webster

## STUFFED YELLOW SQUASH OR GRAPEVINE LEAVES

8-10 med. yellow squash -- may use 4-5 squash and remainder grape leaves

$\frac{1}{2}$  lb. coarsely ground lamb or chuck

$\frac{1}{2}$  c. uncooked rice

1 1-lb. can cooking tomatoes

$\frac{3}{4}$  tsp. salt

$\frac{1}{4}$  tsp. black pepper

$\frac{1}{4}$  tsp. ground allspice

Cut off stems to the thick part of squash. (Reserve stems.) Scoop out insides with a long handle of spoon or squash scooper\*. Hollow out as thin as possible without cutting through skin. Wash inside squash and drain.

Mix ground meat, rice,  $\frac{1}{2}$ -can cooking tomatoes (reserve other  $\frac{1}{2}$ ), salt, pepper and allspice. Stuff each squash to  $\frac{1}{4}$  in. from top. Place the other  $\frac{1}{2}$ -can tomatoes in large pot. Arrange the cut stems and stuffed squash in pan. Add enough water to almost cover top of squash. Add  $\frac{1}{2}$  tsp. salt to the water. Cover and when comes to boil, lower heat.

Cook on low heat for 40-50 min. or until squash is tender. Serves 8-10.

Tender grapevine leaves may be used when in season. Wash, place dull side up. Fill, starting from the stem. Place  $1\frac{1}{2}$  tsp. meat-rice mixture along the edge. Roll up, sealing sides, to point of leaf. Place close together in pan and cook.

\*A squash scooper may be purchased at SAHADI IMPORTING CO., INC. 187-189 Atlantic Ave., Brooklyn, N.Y., 11201.

Alice Webster



## RED VELVET CAKE

2 eggs	1½ tsp. soda
2 c. sugar	1 tsp. vanilla
1 c. butter	1 T. cocoa
1 c. buttermilk	1 T. vinegar
2½ c. cake flour	2 oz. red food coloring
½ tsp. salt	

Cream butter and sugar. Add eggs -- beat. Make a paste of vinegar and cocoa and add to mixture. Sift salt and soda with flour and add to mixture, alternating with buttermilk. Blend well. Add vanilla and food coloring. Mix well. Pour into 3 greased and floured cake pans (9 in.). Bake at 325° for about 45 min.

Filling

1 c. milk	1 tsp. vanilla
1 c. butter	1 c. chopped nuts
1 c. sugar	1 c. flake coconut
2 tsp. flour (more if needed)	

Cook milk and flour on low heat til thick. Set aside and allow to cool completely. Cream sugar and butter. Add flour-milk mixture. Beat until it looks like whipped cream. Add chopped nuts, coconut and vanilla. Blend well and spread on layers. Keep refrigerated.

Elinor Starling

## BUTTERMILK POUND CAKE

3 c. plain flour	½ tsp. baking powder
1 c. Crisco or margarine	½ tsp. soda
1 c. buttermilk	½ tsp. lemon extract
4 eggs	½ tsp. almond extract
2 c. sugar	½ tsp. salt



Mix altogetner in large mixing bowl and beat for 10 min. at med. speed. Bake 325° oven for 1 hr. to 1 hr. and 10 to 15 min. (Ovens vary.)

Edna Bryan

#### EASY POUND CAKE

1 c. Crisco	3 c. flour
1 stick margarine	5 eggs (separated)
1 c. milk	1 tsp. baking powder
2½ c. sugar	3 tsp. vanilla or lemon flavor

Beat egg whites. Cream sugar, Crisco and margarine. Add egg yolks. Gradually add flour, baking powder and milk. Add flavoring. Fold in egg whites. Bake in greased and floured cake pan. Bake 1 hr. and 15 min. at 325°. Cool on rack and remove from pan.

Martha Knox Carr

#### POUND CAKE I

Cream together 2 sticks butter, ½ c. shortening and 5 eggs. Add 3 c. sugar and cream well. Take 3 c. sifted flour and alternate with 1 c. milk. Mix with electric mixer. Add pinch of salt, 1 tsp. vanilla, and 1 tsp. lemon extract.

Put in greased and floured tube pan. Cook until done at 325°, about 2 hrs., starting in a cold oven.

Betty May Barnett

#### POUND CAKE II

1 c. butter	1 tsp. baking powder
1 c. Crisco	1 c. milk
3 c. plain flour	6 eggs
3 c. sugar	3 tsp. almond flavoring

Cream shortening and sugar at high speed. Add 1 egg at a time. Alternately, add flour mixed with baking powder, and milk, beginning and ending with flour. Beat on slow speed. When last of flour disappears, add flavoring. Bake  $1\frac{1}{2}$  hrs. at  $325^{\circ}$ .

Shirley Hamrick

#### GOOD AND EASY POUND CAKE

1 lb. margarine	1 tsp. almond flav.
1 box confect. sugar	1 tsp. vanilla flav.
6 eggs	3 c. flour, sifted

Cream butter and sugar. Add eggs one at a time. Add flavoring and flour. Pour into large tube pan. Bundt pan is best. Bake  $325^{\circ}$  approx. 1 hr.

Sally Gulley

#### RAW APPLE CAKE

$1\frac{1}{2}$  c. cooking oil (Wesson)  
2 c. sugar  
3 eggs  
1 tsp. vanilla

Mix together, then add

3 c. flour  
1 tsp. soda  
1 tsp. salt

Mix well, then add

3 c. diced raw apples  
1 c. chopped nuts (black walnuts are recommended)

Mix thoroughly. Dough will be very stiff after apples are added. Bake in a tube pan or loaf pan for 1 hour at 350°.

### Icing or Glazing

1 stick margarine  
1 c. brown sugar  
 $\frac{1}{4}$  c. milk

Bring these to a boil and boil slowly for  $2\frac{1}{2}$  min. Spoon over cake while cake is still hot.

Sara Catron

### BLACK CHOCOLATE CAKE

2 sticks butter	$\frac{3}{4}$ cake chocolate
2 c. sugar	1 c. sour milk
4 eggs	1 tsp. soda
$2\frac{1}{2}$ c. flour	1 T. warm water

Cream butter until very light. Add sugar slowly, then the eggs one at a time. Sift flour before measuring and add to butter mixture alternately with sour milk. Melt chocolate and stir into batter. Dissolve soda in warm water and add. Pour the batter into 3 round cake pans which have been lined with waxed paper. Bake in a mod. oven, 325°, for approx.  $\frac{3}{4}$  hr. or until toothpick comes out clean. Spread chocolate icing between layers, and over top and sides of cake.

Iona Speas

### 7 UP CAKE

2 sticks margarine	3 c. flour (cake or plain)
$\frac{1}{2}$ c. Crisco	1 tsp. vanilla flavoring
3 c. sugar	1 tsp. lemon flavoring
5 eggs	1 c. 7 Up

Combine margarine, Crisco and sugar until blended. Add eggs, one at a time. Add flour and flavoring. Add 7 Up last and mix well. Bake at 325° for 1 hr. or 1 hr. and 10 min.

### Glaze

Sift  $\frac{1}{2}$  box confectioners sugar.  
 $\frac{1}{2}$  stick butter  
Enough milk to get pliable -- add milk slowly.  
1 tsp. vanilla and yellow food coloring (1 drop)

Pour glaze over hot cake.

Betty T. Griffith

### ROCKY MOUNTAIN SPICE CAKE

Combine the following dry ingredients and sift together several times:

2 c. sifted flour	1 tsp. cinnamon
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. nutmeg
1 T. baking powder	$\frac{1}{2}$ tsp. allspice
1 tsp. salt	$\frac{1}{2}$ tsp. ground cloves

Combine:

7 egg yolks	$\frac{1}{2}$ c. salad oil
2 T. caraway seeds	$\frac{3}{4}$ c. ice water

Gradually add liquid to dry ingredients. Beat  $\frac{1}{2}$  min. at low speed or 75 strokes by hand.

Beat until stiff peaks form:

7 egg whites	$\frac{1}{2}$ tsp. cream of tartar
--------------	------------------------------------

Gradually pour egg yolk-dry ingredient mixture over beaten egg whites; gently fold in. Pour into ungreased

10 in. tube pan. Bake in slow oven 325° for 55 min; then 350° for 10 to 15 min. Invert pan to cool.

### Frosting

In saucepan blend  $\frac{1}{2}$  c. butter,  $2\frac{1}{2}$  T. flour,  $\frac{1}{2}$  tsp. sal

Cook 1 min. Do not brown.

Add  $\frac{1}{2}$  c. milk; cook until thick. While hot, add  $\frac{1}{2}$  c. brown sugar firmly packed; beat well. Add 2 c. confectioners sugar sifted; beat until thick and creamy. Add 1 tsp. vanilla and 1 c. chopped black walnuts. Spread over top and sides of cooled cake.

The caraway seeds give this spice cake its own very special flavor!

Kathryn Dimmick

### RUSSIAN TEA CAKES

1 c. soft butter	$2\frac{1}{2}$ c. sifted flour
$\frac{1}{2}$ c. sifted confectioners sugar	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	$\frac{3}{4}$ c. finely chopped nuts

Mix butter, sugar and vanilla thoroughly. Measure flour by dip level pour method or by sifted. Blend flour and salt. Stir in nuts. Chill dough. Heat oven to 400°. Roll into 1 in. balls and place  $2\frac{1}{2}$  in. apart on ungreased cookie sheet. Bake until set, not brown for 10-12 min. While still warm, roll in confectioners sugar and cool. When cool roll in sugar again. Makes approx. 4 doz.

Alice Webster

## CREAM CHEESE-BLUEBERRY PIE

1 8-oz. pkg. cream cheese	1 can blueberry pie
1 c. sugar	filling
1 c. whipping cream	1 graham cracker crust

Soften cheese with a little milk. Add whipping cream and sugar. Pour in graham cracker crust. Pour blueberry pie filling over cheese. Chill. Serves 8.

Virginia Hall

## CHERRY CHEESE CAKE

<u>Filling</u>	2 T. butter, melted
3 8-oz. pkg. cream cheese	
2 c. sugar	<u>Topping</u>
3 eggs	1 carton sour cream
1 tsp. vanilla	2 T. sugar
	1 can (1 lb. 5 oz.)
	cherry pie filling
<u>Crust</u>	
1 c. graham cracker crumbs	

Place cream cheese in mixer and beat for 10 min. Gradually add sugar and beat well, add eggs and vanilla beating well and getting under the beaters until smooth.

Crust: Mix graham cracker crumbs with melted butter and press in bottom of cheese cake pan (which has a spring type rim, a regular cheese cake type pan.) Also press crumbs up along the side as much as possible.

Pour cheese filling into the cheese cake pan lined with crust and bake at 375° for 40-45 min. or until the middle is set. Remove from oven. Raise heat to 450°. Mix 2 T. sugar to the sour cream and spread over the top of cake. Return to oven at 450° for 5 min. Cool and then refrigerate for several hrs. Top with 1 can of cherry pie filling. Makes 12 wedges.

Alice Webster



## SWEET POTATO PIE

Boil about 3 large sweet potatoes and peel. Put through strainer, colander, or mash very well, so that all strings are removed from the potatoes.

2 c. strained sweet potatoes	1 stick of butter or margarine, melted
1 c. milk	2 eggs, slightly beaten
2 c. sugar	1½ tsp. vanilla

Mix above ingredients and pour into unbaked pie shell. Melt another stick of butter and pour over top of pie. Sprinkle liberally with cinnamon. Bake at 400° until pie cooks up in middle as a custard.

These recipes are from our family cook of many years, Virginia Lash, of the Old Town community who is regarded by many as a master of true Southern cooking.

Marjorie Felmet

## PECAN PIES

3 eggs	1 tsp. vanilla
1½ c. King or Karo syrup	¾ c. chopped pecans
3 T. butter	pinch of salt

Mix ingredients in order given and do not overbeat. Just stir it up good. Pour into unbaked pie shells and bake 350° for 30 min.

Edna Bryan

## LEMON CHESS PIE

2 c. sugar	4 T. grated lemon rind
1 T. flour	¼ c. lemon juice
1 T. corn meal	

Toss lightly with fork.

Add:

4 eggs, unbeaten                       $\frac{1}{2}$  c. milk  
 $\frac{1}{4}$  c. melted butter

Beat until thoroughly blended. Pour into unbaked pie shell. Cook at  $350^{\circ}$  until set. It really takes from 45 min. to an hour.

Nell Gentry

#### GRAHAM CRACKER BARS

1 can Eagle brand condensed milk                      1 sm. pkg. semi-sweet chocolate chips (6 oz.)  
20 whole graham crackers,                       $\frac{1}{2}$  c. coconut  
crushed

Mix and stir the 4 ingredients in 1 bowl. Pour into a greased 9 x 13 x 2 pan. Bake at  $350^{\circ}$  for 20 min. Let cool. Cut into squares and sprinkle with powdered sugar. Serves 6-8.

Shirley Waddill

#### APRICOT BALLS

1 8-oz. dried apricots                       $\frac{3}{4}$  c. sweetened condensed milk  
 $2\frac{1}{2}$  c. flaked coconut  
1 c. finely chopped nuts

Mix well together and roll into small balls. Makes several dozen. Refrigerate.

Nell Gentry

(This page reserved for your very own favorite)

# A FRIEND IN NEED



EDITOR: Martha Martinot

Part of the "Southern Way of Life" at Wake Forest University has always been the taking of food to friends in need. The custom has roots in ethics which underlie Southern culture and hospitality. Today when all values are being questioned, let us ask that this custom -- of taking a pie on moving day, jello salad for the sick, a casserole for the family with a new baby -- be continued, and that the ivory tower never be so far from the ground that we cannot see the friend in need.

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## ORANGE-PINEAPPLE JELLO SALAD

1 pkg. orange Jello	<u>Topping:</u> ½ c. sugar
1 pkg. lemon Jello	2 T. flour
1 No. 2 can crushed pineapple	¼ tsp. salt
2 ripe bananas	1 egg
40 miniature marshmallows	1 pkg. Dream Whip
	3 oz. pkg. cream cheese

Dissolve both pkgs. of Jello in 2 c. boiling water. Add 1½ c. cold water. Gel til slightly thickened. Drain pineapple and save 1 c. of the juice. Cut up or mash the bananas. Add pineapple, bananas, and marshmallows to Jello. Refrigerate til set.

Topping

Cook 1 c. pineapple juice, sugar, flour, salt, and egg til thickened. Cool. Mix the pkg. of Dream Whip according to directions on pkg. Cream softened cream cheese, add Dream Whip gradually. Stir into pineapple juice mixture. Spread on top of Jello.

Judith Kuhn

## SEVEN-UP SALAD

1 c. applesauce  
1 pkg. lime Jello  
1 c. 7-Up

Heat applesauce and dissolve the Jello. Add the 7-Up. Refrigerate until set.

Nice for someone out of the hospital -- nutritious and easy to digest.

Jeanne St. Clair

## CATHERINE'S CASSEROLE

1 lb. ground beef	8 oz. pkg. egg noodles
1 chopped onion	1 pt. sour cream
Salt and pepper to taste	1 pt. cottage cheese
1 15-oz. can tomato sauce with mushrooms	Grated cheese

Brown beef and onion in frying pan. Drain grease. Add tomato sauce with mushrooms and simmer  $\frac{1}{2}$  hr. at least. Cook noodles and drain. Add sour cream and cottage cheese and mix well.

In 2 greased 8 or 9 in. sq. pans, put a layer of noodles and top with ground meat sauce. Top with any grated cheese you prefer or have on hand. Bake in 350° oven until bubbly.

Very good to fix ahead in aluminum pans and freeze until needed to take to a friend. (Recipe makes 2 casseroles.) Suggest the baking time of about 20 min. at 350° if placed in oven frozen.

Jeanne St. Clair

## MACARONI

1½ lb. ground meat	1-2 c. water
1 med. onion chopped	1/8 tsp. cinnamon
3 cloves garlic	2 T. butter
4 T. tomato paste	1 box long macaroni, cooked as directed
Salt to taste	1 lg. box Parmesan cheese
Pepper to taste	
1/8 tsp. cloves	

Brown meat well; add onion, garlic, salt, pepper, cloves, cinnamon with butter and water. Cook slowly for several hrs. and until most water is evaporated. Line serving dish with light layer cheese; add macaroni, meat, cheese in layers with generous layer cheese. Serves 6-8.

Jean England

## CHUCK WAGON STEW

2 lb. stew meat	2 tsp. flour
1 tsp. sugar	$\frac{1}{4}$ tsp. pepper
2 tsp. salt	$\frac{1}{8}$ tsp. thyme
1 tsp. chili powder	2 tomatoes, cut up
1 green pepper, cut up	1 c. bouillon
2 T. fat	

\* \* \*

6 sm. potatoes	6 sm. carrots
6 sm. onions	3-4 stalks celery,
1 c. fresh or frz. peas	cut up

Brown meat slowly in hot fat. Add sugar, continue browning. Dust meat with flour and brown carefully. Add seasonings and other ingredients in first group. Cover and simmer  $1\frac{1}{2}$  to 2 hrs. Add vegetables except peas. Cook 30 min. longer, add peas, cook another 15 min.

Shirley Amen

## HOW TO SAVE A MARRIAGE STEW

1 lb. beef chuck (stew beef in cubes)	4-5 potatoes, cut in chunks
$\frac{1}{8}$ c. flour	1-2 onions, chopped
1 tsp. salt	3-4 carrots, cut length- wise and then in half
$\frac{1}{8}$ tsp. pepper	1 sm. can shoepeg corn
$\frac{1}{8}$ c. fat for frying	1 sm. pkg. frz. limas
1 c. hot water	(if desired)
1 8-oz. can tomato sauce	
$\frac{1}{2}$ clove garlic, chopped or minced	

Dredge meat in flour that's been mixed in the salt and pepper.

In large pot, heat fat and brown meat cubes well on all sides. Pour off drippings. Add hot water, tomato

sauce and garlic. Cover pan and simmer over low heat until meat is tender -- about 2 hrs. Add vegetables. Cover and simmer until vegetables are tender (15-20 min.) Makes 3-4 servings.

Betty T. Griffith

### SWISS STEAK DELUXE

1½ lb. round or rump steak, at least 1 in. thick	½ tsp. mustard ½ c. V-8 juice 3 thinly sliced large onions
2 T. flour	2 diced celery stalks
1 tsp. salt	1 minced clove garlic
1/8 tsp. pepper	1 T. A-1 sauce
1½ c. canned tomatoes	
2 T. catsup	

Trim excess fat from steak and cut in serving-size pieces. Season with salt and pepper and dredge with flour. Brown steak quickly in hot fat. Add rest of ingredients, cover and bake at 300° (or simmer on top of stove) for 2 hrs. Serves 4.

Mary Lauerman

### CHICKEN NOODLE CASSEROLE

2 T. butter or margarine	2 c. cooked, cut up green beans
2 T. flour (all-purpose or self-rising)	1 c. grated Cheddar cheese
1 2-oz. envelope chicken noodle soup mix	1 tsp. salt
3 c. cooked egg noodles, med. size	3 c. hot water
3 c. cooked and diced chicken	¼ tsp. pepper
	2 qt. casserole dish

Melt butter in large pan; blend in flour; slowly stir in hot water; then soup mix; salt and pepper.

In 2-qt. casserole, arrange layers of noodles, chicken, and beans. Pour on soup sauce; sprinkle with cheese. Bake at 400° for 25-30 min.

Can be made ahead of time and refrigerated until time to bake. Makes 6 large portions.

Betty Lou Griffith

#### HUNTINGTON CHICKEN

1 c. cooked chicken or turkey, bite-sized pieces	1 sm. can mushrooms 2 T. chicken fat or butter 2 T. flour 1 c. broth * * *
½ c. cooked macaroni	
1 hard cooked egg, chopped	
1 T. green pepper	Buttered cracker crumbs
1/3 c. grated cheese	

Combine first six ingredients and put in greased casserole. Make a gravy with the next three ingredients and pour over the chicken mixture. Cover with buttered cracker crumbs. Bake 1 hr. at 350°.

Elizabeth D. Stroupe

#### APPLE CAKE I

1 c. butter	1 tsp. nutmeg
2 c. sugar	1 tsp. cloves
3 c. flour	1 tsp. cinnamon
4 eggs	1 tsp. vanilla
2 c. nut meats, cut fine	1 sm. bottle cherries
1 pkg. raisins, cut fine	2 tsp. baking powder
½ lb. citron, cut fine	Salt
3 lg. apples, cut fine	

Cream sugar and butter. Add eggs and vanilla. Reserve some of the flour of recipe to dredge fruits with it. Mix flour, spices, salt and baking powder and add to the first mixture. Add the fruits and nuts which have been mixed and dredged with flour. Mix all together.

Bake about 1 hr. 45 min. at 300°.

Ruth P. Lawrence

#### APPLE CAKE II

1½ c. veg. oil	1 tsp. vanilla
2 c. sugar	3 c. apples, peeled and
3 eggs	chopped
3 c. flour	
1 tsp. soda	<u>Topping</u>
1 tsp. salt	1½ c. brown sugar
1 tsp. cinnamon	½ c. butter
1 c. nuts	1 c. evap. milk

Beat oil, sugar and eggs in mixer. Mix dry ingredients with nuts and add to first mixture. Add vanilla and apples and stir. Spoon into greased tube pan and pour topping over cake. (Beat topping ingredients together until thickened.) Cook at 325° for 1¼ hrs. Serves 12-15.

Maude Flory  
Betty T. Griffin  
Betty Patrick  
Marie Turner

#### CHOCOLATE CHIP CAKE

½ c. margarine	1 tsp. baking powder
1 c. sugar	2 c. flour
1 tsp. vanilla	1 tsp. soda
2 eggs	¼ tsp. salt
1 c. sour cream	2 c. (12 oz. bag) choc. chips



Cream margarine and sugar. Add all other ingredients except chocolate chips. Beat well. Add  $1\frac{1}{2}$  c. chocolate chips and mix. Pour into floured and greased tube pan. Sprinkle rest of chips over top. Bake at  $350^{\circ}$  for approx. 45 min.

Barbara Hills

### PUMPKIN CAKE

1 can (2 c.) pumpkin	2 tsp. baking powder
$1\frac{1}{2}$ c. Mazola Oil	2 tsp. baking soda
2 c. sugar	2 tsp. cinnamon
4 beaten eggs	1 tsp. salt
3 c. cake flour	$\frac{3}{4}$ c. nuts, finely chopped

Beat eggs until thick and light; add sugar and beat together. Add pumpkin and oil and mix. Add sifted dry ingredients and mix. Add nuts. Use large angel food cake pan. Grease and flour pan. Bake at  $350^{\circ}$  for 1 hr. and 15 min. or 1 hr. and 30 min.

### Frosting

1 lg. pkg. 8 oz. cream cheese	2 c. powdered sugar
	1 T. vanilla

Add enough milk to spread easily. Mix together and frost the Pumpkin Cake when it is cool.

June Stoll

### COCOANUT CHESS PIE

$\frac{1}{2}$ stick margarine	2 eggs
$1\frac{1}{2}$ c. sugar	1 c. milk
2 T. plain flour	1 c. cocoanut
1 tsp. vanilla	

Melt butter; mix sugar and flour; beat eggs and mix all together. Pour into unbaked pie shell and bake at  $350^{\circ}$  for 30 min.

Norva Fagan

## BROWN SUGAR PIE

1 stick butter or margarine	1 tsp. salt
	6 eggs
1 lb. light brown sugar	2 tsp. vanilla
1 pt. white Karo syrup	

Cream butter, add sugar and syrup; beat until creamy. Beat eggs; add salt. Beat till light and fluffy; add to first mixture. Add vanilla and beat until well mixed. Bake 350° for about 40 min.

Betty Earle

## FRUIT SHERBERT

1 c. sugar  
1 c. water

Cook to a thick syrup (boil about 5 min.) and cool.

Add to the above:

1 sm. can crushed pineapple  
1 c. orange juice  
6-8 T. lemon juice  
2-3 sliced bananas

Mix together. Freeze. I find this the most refreshing sherbert I've ever eaten.

Norva Fagan

## SOUTH CAROLINA WINE JELLY

2 c. boiling water	½ c. Old Crow Bourbon
3 envelopes plain gelatine	Juice of 2 oranges
½ c. cold water	Juice of 1 lemon
¾ c. Taylor's Cream	Pinch of salt
Sherry	1 c. sugar

Soak gelatine in cold water. Dissolve in boiling water, stir and add sugar, stir until sugar is dissolved. Cool and add remaining ingredients. 8  $\frac{1}{2}$ -cup servings

Serve with sweetened whipped cream. Serve after a heavy dinner for a light, delicious dessert.

This is an old recipe and, I think, very good. Fine to take to the sick and wounded.

Katherine B. Isbell

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# MISCELLANEOUS



EDITOR: Louise Lee

This section is devoted to relishes, pickles, marmalade, and dressings which may give that extra touch to your special meal.

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## ALABAMA RELISH

1 pt. sweet red peppers	4 T. mustard seed
1 pt. sweet green peppers	5 tsp. salt
1 pt. onions	2 tsp. celery salt
1 qt. cabbage	4 c. sugar
1 qt. vinegar	2 or 3 hot peppers

Grind peppers, onions, cabbage and drain in colander. Mix all ingredients and let stand overnight. Pack in sterilized jars and seal. Makes about 1 gallon.

Ethel Herring

## LORENA'S RELISH

1 #303 can chopped saurkraut	1 2-oz. jar pimento, chopped
2 c. chopped celery	$\frac{1}{2}$ c. sugar
1 green pepper, chopped	$\frac{1}{4}$ c. cider or wine vinegar

Drain and rinse saurkraut in cold water. Mix all ingredients and store in covered jar in refrigerator. Makes about 4 c. Keeps 2 weeks under refrigeration. Good with sandwiches or as salad.

Katherine B. Isbell

TOMATO CHUTNEY  
(Indian)

5 lb. firm, ripe tomatoes	2 tsp. ground ginger
2½ lb. sugar	1 c. golden raisins
1 whole garlic	3 pods of red pepper without seeds
1½ c. vinegar	
1 tsp. crushed chiles	

Cut each tomato in about 6 parts. Cut garlic very fine. Add sugar, vinegar, chile, ginger, raisins, and pepper. (If you wish, you can decrease the

amount of pepper and chiles, though this amount does not make it extremely hot.) Cook at low heat, stirring only occasionally, until mixture is thickened. It takes a morning...approx. 3 hrs. as I remember.

When Dr. Amiya Chakravarty was at Wake Forest one summer as a visiting professor, his wife, Mrs. Haimanti Chakravarty taught a number of us to cook several of her own Indian dishes. We spent a morning in her kitchen making this one.

Emily Wilson

#### CHILI SAUCE

2 28-oz. cans tomatoes	3 T. salt
2 c. chopped celery	1 tsp. pepper
2 c. chopped onions	1½ c. vinegar
4 c. sugar	3 T. mixed pickling spice
2 c. green peppers	in a cheesecloth bag

Cook together at a gentle simmer until thick. Store in refrigerator. For those of us who think "doing down preserves" is admirable, but just never seem to get around to it.

Pat Falkenberg

#### MY FAVORITE PEPPER PICKLE

2 doz. sweet bell peppers	½ c. sugar
1 lg. cabbage, chopped fine	2 T. mustard seed
3 c. vinegar	2 T. celery seed
1 c. water	½ c. salt

Mix cabbage, salt, mustard and celery seed and stuff in peppers which have been washed and seeds removed. Place stuffed peppers in sterilized jars. Fill jars with boiling vinegar, sugar and water solution. Process packed jars 10 min. Use small peppers and large mouth jars. This takes a good morning but results are delicious!

Betty May

## WATERMELON PICKLE

Peel rind of 1 med. size watermelon and cut in small pieces. Soak overnight in 1 gal. water with 1 vial of Lilly Lime (get at Eckerd's). Wash and boil 2 hrs. in clear water with  $\frac{1}{4}$  lb. of ginger root (or less). Wash in ice water. Then boil 1 hr. in following syrup:

1½ qt. vinegar	1½ T. whole cloves
7 lb. sugar	1½ T. salt
3 sticks cinnamon	

Pack in sterilized jars, cover with syrup and seal.

Madge Easley

## PINEAPPLE PICKLE

1 fresh pineapple	Dash salt
2½ c. brown sugar	1 stick cinnamon
2 c. water	1 T. whole cloves
1 c. vinegar	

Peel pineapple, cut fruit into 1 in. cubes. Combine sugar, water, vinegar and boil for 15 min. Place spices in bag; add to syrup along with pineapple. Cover and simmer for 45 min. Remove fruit and place in sterilized jars. Boil syrup for 5 min. longer. Discard spices. Pour syrup over fruit. Seal.

Lenore Webber

## PEPPER JELLY

2 c. green pepper, ground	7 c. sugar
fine	1 tsp. salt
1½ c. vinegar	1 bottle Certo

Add salt to ground peppers. Let stand for 2 hrs., drain. Add vinegar to sugar and pepper. Bring to a boil and add Certo. Boil 1½ min. Put in jars and seal. Yield: 6½ pt.

Louise Lee

## ORANGE MARMALADE

3 oranges  
2 lemons

1 grapefruit

Run through med. grinder. Add 15 c. of water. If fruit is large, use 18 c. Let stand overnight. Boil 1 hr. open. Add 1 c. sugar to each c. of fruit while hot. Boil in small quantities (with several pieces of ginger root) until it drops 2 drops at a time.

Cherries may be added just before it's ready to come off. Put in sterilized jars. Cool and seal.

Madge Easley

## PEACH MARMALADE

24 peaches  
4 oranges , two with the rind on  
3½ lb. sugar

Peel peaches. Remove seeds from oranges. Put all through food grinder. Bring to a boil and let simmer for 2 hrs. Seal in jars.

Louise Lee

FOOLPROOF HOLLANDAISE  
(Blender Method)

1 stick margarine (½ lb.)      Juice of half a lemon  
2 egg yolks                      Dash of salt

Melt butter slowly in sauce pan. Put egg yolks, lemon juice and salt in blender and whirl on medium speed. Turn blender on high and remove cap. Pour melted margarine into blender slowly. As soon as

all margarine is in the blender, turn off the motor. Pour mixed sauce back into saucepan and place on a very low flame to thicken. Stirring with a small wire whisk is helpful but not essential. Makes 6 servings over a vegetable such as asparagus or broccoli.

Lynn Kercheval

#### POPPY SEED DRESSING

3/4 c. sugar	1½ tsp. onion juice
1 tsp. dry mustard	1 c. salad oil
1 tsp. salt	1½ tsp. poppy seed
1/3 c. vinegar	

Mix first 4 ingredients; add onion juice and stir. Add oil slowly while beating. Continue to beat until thick. Fold in poppy seed. Store in cool place.

This dressing is delicious on any kind of fruit such as melon, pineapple or bananas or any kind of fruit salad. Use very small amount.

Betty Scales

#### FRENCH DRESSING

½ c. malt vinegar	1 sm. grated onion
1 c. oil	Juice of ½ lemon
½ c. sugar	½ tsp. salt
1/3 c. catsup	1 tsp. celery seed

Shake well or use blender. Makes 1 pt.

Martha Fleer

## LEMON SUGAR

Grate the outer rind of 6 lemons, or using a potato peeler, peel rind very thin. The thin white substance just under the yellow is bitter and should be left on the lemon. Measure ground or grated lemon peel. Add twice as much sugar (approx. 1 c.); stir and mash well. Sugar should look slightly damp. If too dry, add some lemon juice. Keep refrigerated in a covered jar. One tablespoon lemon sugar substitutes for 1 tsp. of lemon rind.

Orange sugar is made the same way as lemon sugar, using 4 oranges for 6 lemons. Tangerine sugar is made the same as lemon sugar, substituting tangerines for lemons. Vanilla sugar is made by burying 3 or 4 vanilla beans in a canister containing a pound of confectioners' sugar. Sugar absorbs the flavor.

Inez K. Black

## YOGURT

Make your own yogurt -- fun, delicious, healthful, cheap, fresh...

Yogurt bacteria grow rapidly between 90-120°F. If your yogurt incubates below this temp., sour milk bacteria take over, and above this temp., the yogurt bacteria would be killed. Then, generally, yeasts take over. So it is important to establish the temperature of your first batches of yogurt. Get a candy thermometer, reading as low as 75°. The trick is to maintain this temperature for the time needed to clabber the yogurt (thicken). For a new culture this may take as long as 4-6 hrs. For an old culture, perhaps only 2 hrs. Incubate until it jiggles firm, then refrigerate. I find my coffee warmer to be the perfect "implement of construction" or you may buy a yogurt maker for \$10.00 at health store.

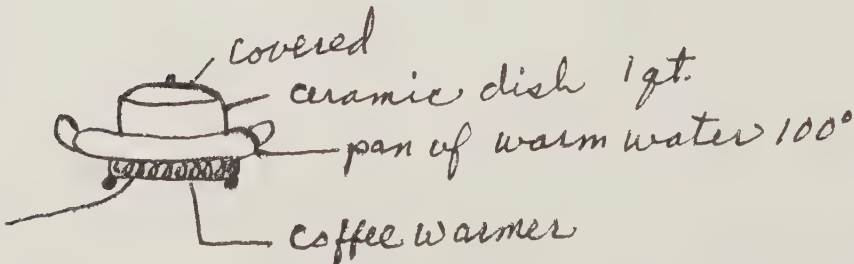


1 qt. whole milk -- bring just to boiling, set off heat to cool to 100°. Do not refig. Everyone seems to experiment with powdered milk and skim milk at some point, but this never makes as firm, luscious yogurt for me. If you add a little canned milk, it becomes even more creamy.

3 T. of old culture ( $\frac{1}{2}$  c. also good)-- this can be your last batch of yogurt or a fresh starter from the store. Be sure to "sniff" the open carton before you buy it and see there is no mold on top. Don't be shy. Dannon plain yogurt is best. "Light and Lively" is not as good and fruit yogurts are no good as preservatives have been added. If the yogurt you are making is beginning to get sour, get a new, fresh starter.

Add culture to cooled milk. Put into ceramic dish with top (corning ware is good) or into individual jars with tops. Set yogurt dish into pan of warm water on coffee warmer, electric fry pan, oven set at 100 if it goes that low, etc. Check temperature. The water helps maintain the proper temperature. Allow to thicken or clabber. When the yogurt has gone too far it will begin to separate into curds and whey -- do not let it go this far. Have fun, and remember, the Persians did it everyday.

Helen Waite



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